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Macalester Today Winter 2004-2005

Macalester College

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Macalester Today

The cover of Macalester Today magazine features a photograph of Professor Jaine Strauss, an older woman with short grey hair, smiling and holding a small blue object. She is surrounded by two young women, one of whom is holding a small red object. The background is a plain, light-colored wall. The title 'Macalester Today' is at the top in a large, white, serif font. Below it, the text 'Winter 2004-2005' is in a smaller, black, sans-serif font. In the bottom right corner, there is a white box containing the title 'Body of Knowledge' in a large, dark red, serif font, and below it, the text 'Professor Jaine Strauss and her psychology students investigate eating behavior and body image' in a smaller, black, sans-serif font.

Winter 2004-2005

Body of Knowledge

Professor Jaine Strauss and
her psychology students investigate
eating behavior and body image

Picnic weather

Students enjoy eating outdoors after the opening convocation in September. The Bell Tower and Weyerhaeuser Hall (once the library) are in the background.



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How do outsiders see Macalester?

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STEVE WOIT



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Body of Knowledge

For their research on eating behavior, Professor Jaine Strauss and her psychology students, including Cary Walski '05, middle, and Alison Pepler '05, right, typically offer participants several snacks

from which to choose, including M&M's. A "forbidden" food to any chronic dieter, M&M's are also easy to use and measure.

Macalester Today

Winter 2004-2005

Director of College Relations
Doug Stone

Executive Editor
Nancy A. Peterson

Managing Editor
Jon Halvorsen

Art Director
Elizabeth Edwards

Class Notes Editor
Robert Kerr '92

Editorial Assistant
Heather Stahl '08

Macalester College

Chair, Board of Trustees
Mark A. Vander Ploeg '74

President
Brian Rosenberg

Vice President for College Advancement
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Gabrielle Lawrence '73

Associate Alumni Director
Carol Polk

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Alumni Office, Macalester College,
1600 Grand Ave., St. Paul, MN
55105-1899. Or call (651) 696-6295.
Toll-free: 1-888-242-9351.
E-mail: alumnioffice@macalester.edu

To submit comments or ideas, write:
Macalester Today, College Relations,
at the above address. Phone:
(651) 696-6452. Fax: (651) 696-6192.
E-mail: mactoday@macalester.edu
Web: www.macalester.edu/alumni

Please send letters intended for publication to Letters to the Editor, Macalester Today, College Relations, Macalester College, 1600 Grand Ave., St. Paul, MN 55105-1899. Or by e-mail: mactoday@macalester.edu. We reserve the right to edit letters for conciseness and clarity.

Quality and access

I READ with interest President Rosenberg's letter in the Fall *Macalester Today* outlining proposed changes to Macalester's financial aid policies. I applaud his willingness to address this thorny issue before it creates a financial crisis at Mac similar to what we have only narrowly escaped in the past.

While Macalester's commitment to financial aid to facilitate diversity is, and should remain, a core principle of the school, it is only one of several valid and meritorious principles. Small student-faculty ratios, a top-flight teaching faculty, world-class academic resources and modern facilities are all critical components to delivering on the promise of excellence that Macalester makes to all incoming students. Without all of these components, Macalester will not be able to continue to attract the high-quality students, financially needy or not, that make an education at Mac so compelling. Entering students and their parents have alternatives, and Mac has to offer more than the mantra of diversity.

Macalester is not and should not be run as a for-profit institution, but nor can it be run in a cocoon of financial oblivion, and no institution should be managed without control over its largest financial expenditures. I am sure this issue will create much debate within the Mac community, as it should. I hope the debate will match the thoughtfulness and respect for all views that President Rosenberg and the Board of Trustees have demonstrated with their proposal. Macalester has an obligation to the students, parents, faculty and alumni who support the school to earn that support by balancing a complex array of objectives, rights, duties and aspirations. I for one believe this pro-

I applaud his willingness to address this thorny issue before it creates a financial crisis at Mac similar to what we have only narrowly escaped in the past.

posal strikes a sensible balance between financial prudence and academic ideals.

Michael Huber '90
New York

THE FALL ISSUE features a letter from President Rosenberg in which he discusses the school's financial constraints. One sentence that helps sum up the first part of this letter is: "This combination of factors means that at present Macalester is able to spend considerably less on our students than do most of our peers." He goes on to explain that faculty compensation is falling, staff size per student is the lowest among our peers, expenditures in technology and the library are well below average, student-faculty ratio has increased from 10:1 to 11:1, and controllable expenses have decreased over the past three years, with "much more cutting than adding."

Then I turn the page and read that Ruminator/Hungry Mind, and its owner, is going bankrupt, while owing Macalester over \$650,000.

I have great memories of the bookstore and Hungry Dave myself; I played on his 1981 intramural softball team and we had a blast (although we lost the championship game). And I suppose when something like this happens, it's better to remember the good memories than dwell on the negative. But still, one would think that the school losing over half a million dollars by unwisely backing a bookstore that had "been in financial trouble for several years" might somehow have been mentioned in President Rosenberg's letter (by adding a bullet point mentioning unwise business management decisions by the school as another reason for the financial pinch, perhaps).

Mark Satterstrom '81
Harris, Minn.

MY REASONS for supporting the modification of our current financial aid policies have much to do with Macalester's history.

In the early 1970s, much like today, financial aid expenses threatened to consume our entire endowment income. Back then, we let exactly this happen and relied on tuition charges exclusively to pay for everything else, from the electric bill and books for the library to salaries for everyone.

Without endowment income to cushion all these costs, tuition charges soared. Fine students and faculty, many of them people of color, exited in droves.

Then the bottom fell out, and guess who got blamed in the aftermath? The very same (now departed) low-income students that our financial aid policies had been designed to help. "Access" itself became the ultimate casualty.

The modest changes being proposed for financial aid will prevent this sorry history from repeating itself.

James B. Stewart
James Wallace Professor of History

Political diversity

I, TOO, am concerned about the lack of political diversity and tolerance on the Macalester campus ("Doing Macalester from the Right Wing" by Jay Cline '92, Fall issue). It bothers me to hear Macalester faculty who consider themselves liberal Democrats complain that even they are a tiny minority "on the far right" among their colleagues.

How can institutions educate rather than only indoctrinate with such a bias among teachers? Students tend to be liberal anyway. How can any intellectual balance be achieved with a majority of faculty just as or more liberal than even the students? Why are personal politics so imbued into campus pedagogy?

I don't want our academic institutions, private *or* public, indoctrinating anyone in a political philosophy rather than educating young minds in thinking and learning accurate information about many points of view and how to synthesize cogent and meaningful conclusions for themselves.

I think the most unfair, ill-advised and most destructive thing the college could do is hire a blatantly far right-wing ideologue to balance off everyone else. Many great minds today, like David Brooks of the *New York Times*, bring reasoned, disciplined and creative thinking to alternatives other than social democratic ideologies.

Cherie Riesenbergs '72
St. Paul

I JUST READ "Doing Macalester from the Right Wing," and it brought back some memories of my own. I attended Mac from 1978 to '82. Apparently it was friendlier than Mr. Cline's era. We were a pretty homogeneous lot, left of center. I recall Reagan's presidential candidacy seeming humorous, since he admitted in interviews to not understanding

Mac in Mongolia

Everyone reads *Mac Today*, including these young monks at the Erdene Zuu monastery in Mongolia. Jesse Hollander '07 (Kathmandu, Nepal) spent a month in Mongolia last summer and took this photo. He delivered prayer flags made by Professor Jack Weatherford's students and also brought along copies of *Mac Today* featuring Weatherford on the cover. Weatherford's best-selling book, *Genghis Khan and the Making of the Modern World*, reflects his years of research in Mongolia. The book's publication date was set, in accordance with the principles of Mongolian astrology, by a lama who lives at the monastery.



things about world politics—the name of a leader or the location of a country, for example—that many Mac students regarded as basic knowledge. His comment about "trees causing more pollution than cars" was a popular joke for those interested in the environment. Then, he won.

When conservatism took hold in Washington after the election, education was placed on the defensive. The Cold War-fighting investment in intellectual capital of the '50s, '60s and '70s was suddenly deemed a waste, and attacked as such. It was like a vendetta in tone and spirit. An example of an '80s epithet would be "National Endowment for the Arts"—sort of like "Purple Heart" is this year: once highly esteemed, and now vile.

I'm hopeful learning will regain some luster, even though we're bound to breed a bunch of independent thinking, critical types who may be hard to categorize.

John Klatt '82
Aurora, Ill.

I WAS at first amused but then saddened by Jay Cline's opine in *Macalester Today*.

John Eisenhower, the son of President Eisenhower, might have said it best when he suggested that being a Republican is supposed to be synonymous with the word "responsibility" (*New Hampshire Union Leader*, Sept. 9, 2004).

The Mac Conservatives in the early 1990s, with whom I was often mistakenly affiliated, always appeared to me to be more about "race-baiting" and divisiveness than promoting a sound or rational ideology with which other students could align. To many of us, they were on a path of destruction.

Campus conservatives could have worked for protection of individual liberties, fiscal responsibility with campus funds, or even helping limit student government; all respectable conservative values. Instead I found myself listening to proposals to bring a white supremacist to campus and other sad arguments for "fighting back" and working "against" fellow students. Jay refers to a "right-wing uprising" with fondness as

though one should be proud of a group that simply lashed out with hatred of others, while claiming to be helping them.

Opposite of Jay's background, I grew up in rural Kansas and I know first-hand what it takes to be a true conservative, as opposed to a right-wing radical or supremacist. What I found at Macalester were a few students who felt marginalized by the mainstream culture, and who wanted to push an unwelcome agenda through self-promotion rather than help preserve core values and bring everyone towards a better world.

Professor Chuck Green once told me that he saw the roots of Macalester liberalism in the national anti-Vietnam War movement. Jay would be wise to consider the history of this movement and how liberals helped bring our great country back from the brink of disaster at the hands of extremists posing as conservatives in the White House. Conservatives never really left Macalester, they just lacked an angry and shallow agenda that favors open confrontations over progress. As

Americans we face similar issues today, and while I celebrate the diversity of opinion of Macalester alumni, I hope that we all find the wisdom to put aside labels and think carefully about our common ground.

Davi Ottenheimer '93
Santa Cruz, Calif.

I WAS quite glad to see that Jay Cline has maintained some of the broad thinking perpetuated with humor that marked his days as a *Weekly* columnist. He was always able to see beyond labels and to search for the humanity in an issue.

I'm glad to see this trait has stayed with him. I only wish he'd voted for Kerry this November.

Chip Smith '92
Ann Arbor, Mich.

An apology

I'VE COME to recognize that I was generally a nuisance during my time on campus, particularly during my senior year. My arrogance and self-righteousness manifested themselves in many obnoxious, destructive and unloving ways—too many, unfortunately, to catalog and specifically repent of here.

I regret all of the irritation, hurt feelings and frank harm that I caused, both to individuals and Macalester as a whole. Please accept this inexcusably late apology.

David A. Frenz '92
Golden Valley, Minn.

Commencement

I WANTED to send my compliments on *Mac Today*. Four years ago I wrote a letter for the opposite reason—I was disgruntled about the coverage of commencement in the *Today's* pages. I felt that the graduates received short shrift in favor of the reunion attendees.

I have paid close attention to that particular issue in the intervening years and I want to express my deep appreciation for the wonderful coverage of commencement that has taken place, especially this year, which prompted me to write. There was such a clear effort to celebrate this year's graduates, through the commence-

Commencement is such a joyous moment — it is uplifting to see it portrayed, even if you recognize no one.

ment spread, the story on the Holmgren family, the excerpt from Daniel Ungier's impressive address and the wonderful photo on the inside front cover. Commencement is such a joyous moment—it is uplifting to see it portrayed, even if you recognize no one.

And more than that, I have to say what an excellent publication you edit overall. I always find the stories insightful and well-written, timely and beautifully laid out. I have a good friend with whom I dissect every issue, because we read it cover to cover! So, my thanks.

Catherine Davies '00
St. Paul

Small world?

Mac alumni share their stories.

In the Fall issue of Mac Today and in MacWire, we invited alumni to tell us about unexpected encounters with other Mac alums—whether a friend or someone previously unknown to them. Here are a few stories. We welcome others (200 words or less). Write: mactoday@macalester.edu. Or Macalester Today, College Relations Office, Macalester College, 1600 Grand Ave., St. Paul, MN 55105.

Not-so-Big Apple

SEVERAL YEARS back, I was visiting New York and strolling along Central Park when I heard someone calling to me. I turned to see Tom O'Neill '81 driving around the park in a horse and carriage. I hadn't seen him in at least 10 years. We chatted and remarked on the odds of his spotting me, never mind recognizing me.

One year later, I was again in the Big Apple, walking through Chinatown, when I spotted Tom approaching me on the sidewalk. Again we visited and remarked on the odds of encountering one another again in a completely different section of such a big place that I was merely passing through.

Tom then recounted how several days earlier, he had been walking down the street when he spotted a wallet on the sidewalk. He picked it up and looked inside to find it belonged to another mutual Mac friend, Dave Ferry '80.

Pretty amazing.

Ron Stark '81
Richfield, Minn.

GREG HELGESON



Three friends embrace after receiving their diplomas last May: Megan Stevenson (West Hartford, Conn.), left, Gabriella Paskin (New York), right, and—hidden behind them—Hayley Campbell (New London, N.H.). The photo appeared on the inside front cover of the Fall issue.

See page 48 for an obituary of Julie Olsson Graham '70.

Remembering Julie Olsson Graham '70

ON SEPT. 26, 2004, which would have been her 57th birthday, my husband, son and I joined over a hundred friends and family in Brooklyn, N.Y., to celebrate the life of artist Julie Olsson Graham '70.

We viewed photos of a loving marriage, tender mothering, a joyous extended family, gallery openings, ski trips, views of Florence, her NYC marathon finish and her grin at the

2002 antiwar march. I read from her writings, her delight in the subtleties of rock and sky, her passion for perfection, her desire that her art stand as a testament to a universal meaning, not her personality. "I want to be a good artist," she wrote, "No. Make that a great artist."

"Julie had the courage of her convictions," Elaine Stathopoulos Strompolos '70 wrote in a letter read at the memorial service. "She never failed to challenge us to be our best because she always challenged herself."

Julie, Elaine, Bill Whitlow '70 and I struggled to shape a Macalester yearbook out of a

fiery year of academic upheaval, anti-war protests, sit-ins and Kent State. Yet Julie's eye was clear, and her painting made the Walker Art Institute Biennial. Ted Thirlby '70, a constant friend for decades, spoke of the power of her seemingly simple works, whose complex layers of gesture and color achieve a profound beauty.

Macalester brought a circle of minds together that remains unbroken, still loving each other, still influencing each other. We all still hear the song of Julie, and always will.

Diane Worfolk Allison '70
Brooklyn, N.Y.

A school principal

WHEN WE moved to Madison, Wis., four years ago, our son was almost halfway into his kindergarten year. He is the oldest of our three children, and had been having some amount of difficulty adjusting to school in Michigan, in spite of having attended preschool as well. (As an aside, our son has since been diagnosed with Asperger Syndrome, a social learning disability on the autism spectrum.)

We were worried about his need to switch schools. I wrote an e-mail ahead of time to the man who would be his new principal. Much to my surprise, his principal had also attended Macalester! George Theoharis '93 graduated exactly four years after me and was already a principal after having taught kindergarten.

I still think he is one of the best elementary principals I have had the privilege of knowing, in spite of leaving us in order to finish his Ph.D. after the 2002-03 school year. He has a gift for making children and their parents feel valued as key members of every school.

Millie Webb '89
Madison, Wis.

In line in Iceland

LAST AUG. 20, while in line at the Keflavik, Iceland, airport for a flight to Oslo, Norway, I started conversing with a man traveling with his grandfather. We quickly discovered common ground because he was

Jon Flatnes '05, who is majoring in economics at Mac. I had also studied the same subject plus danced with the Pipe Band.

This chance encounter brought forth awareness of my enormous gratitude for the experience of attending Macalester.

Murilla Page '55
Ashland, Ore.

A cabdriver in Oregon

THE CAB we ordered to take us to the airport in July arrived with the radio tuned to NPR. The Young, Articulate, Friendly and Smoke-free driver told us he was taking a term off from grad school at the U of Oregon. He said he was *not* from Oregon and had graduated from a "small college in Minnesota you've never heard of—Macalester." I'm not sure he really believed me when I told him I did also—50 years ago.

All this in a town of less than 150,000 people.

Barbara Ulowetz Hottle '54
Eugene, Ore.

A man walked into a bar...

I WAS watching the Super Bowl at a sports bar in Stockholm, Sweden. I was wearing my old Mac Athletics sweatshirt at the time. A guy approached and asked if I went to Mac. Of course I answered I was a '94 graduate. He told me he graduated in 2000. Mads Harding Sorensen lived in Stockholm for a couple of years and we became good friends. He has since lived in Paris and now lives in London and we are still in touch.

It is amazing where and when you meet Mac grads.

Per von Zelowitz '94
Stockholm, Sweden

At the airport in Da Nang

IN 1993 I was in South Vietnam, heading a team to evaluate several programs that provided prosthetics to war victims. Land mines throughout the country made farming and walking hazardous to many villagers. The U.S. Congress established a War Victims Fund that is managed by the U.S. Agency for International Development. USAID then contracted with a variety of organizations to provide the prosthetic devices.

My team visited sites throughout South Vietnam where U.S. and Vietnamese groups collaborated to fit those without arms or legs with appropriate devices. A second team started in Hanoi and worked south. We met up in Da Nang where the prosthetics specialists conducted a seminar for Vietnamese physicians.

When my work was finished, I went to the Da Nang airport to catch a plane to Saigon. I checked in and entered the small waiting room. Only one other passenger was there. What a surprise to discover it was a Macalester classmate, Carol Kiefer Kiecker '56! She was on vacation. She had a guidebook and a phrase book. She had started in Hanoi and was working her way south to Saigon by bus, train and boat.

Charles Johnson '56
Gainesville, Va.



Decision expected on financial aid policy

Macalester community weighs issues of quality and access

THE MACALESTER COMMUNITY spent the fall semester in an intense discussion about whether to keep the college's "need-blind" admissions policy or adopt a proposal that places a ceiling on the college's escalating financial aid spending.

Whatever the outcome, President Brian Rosenberg said Macalester will continue to devote a greater proportion of its resources to financial aid than virtually any other college in the nation. "We're not talking about turning Macalester into a college for the very wealthy. Before or after these changes, we will be one of the most accessible colleges in the country, including schools that are need-blind," he told the *St. Paul Pioneer Press*.

"Over the last five years," Rosenberg said, "the amount of money we've been able to devote to our academic program has gone steadily down and the amount of money we've devoted to financial aid has gone steadily up. We're putting fewer and fewer resources into the quality of education we provide to students. Sooner rather than later, that's going to erode the quality of what we provide for everybody."

The Board of Trustees ultimately will decide the issue in January or March.

Macalester's need-blind admissions policy—offering admission without regard to an applicant's ability to pay—has been in effect for freshmen U.S. applicants for at least 30 years. The college does not practice need-blind admissions for international and transfer students.

The proposal to move away from need-blind grew out of a report to the trustees by the Resource and Planning Committee, composed of faculty, students and staff. The RPC said that while almost every college—including need-blind schools—has a financial aid budget, Macalester does not. Macalester's financial aid has been growing faster than any other expenditure in the budget and is projected within two years to equal or surpass the total endowment distribution for the year.

The RPC report concluded that moving to a "need-aware" policy for a portion of the incoming class might affect 30 to 50 applicants per year, save from \$1.3 million to

\$2.3 million a year and have no discernible effect on academic quality. If approved, the new policy would not take effect before the fall of 2006 and would affect only first-years admitted that fall.

The RPC recommended that Macalester continue to meet the full demonstrated need of all admitted students. It noted that some colleges control their financial aid spending by admitting students in a need-blind fashion but then not offering them enough financial aid to enroll. This method—known as "gapping" or "admit-deny"—

would be both hypocritical and impractical at Macalester, the RPC said.

By a vote of 55 to 5, the faculty approved a four-point resolution in November recommending that:

- "financial aid policies be maintained to meet the full financial need of all admitted and continuing students";
- "the college establish a specific budget for financial aid, setting this budget at a level that will enable us to continue to enroll a larger proportion of financially needy students than most other colleges of high quality";

Macalester's endowment

Craig Aase '70, chief investment officer at Macalester, is responsible for managing the college's endowment. He answers some of the most frequently asked questions about it.

What is the Macalester endowment exactly?

It's a long-term investment fund made up almost entirely of private gifts to the college over the past 100 or more years. The income from the endowment supports scholarships for students, academic programs, and salaries for faculty and staff. Macalester's endowment increased dramatically 15 years ago as the result of a large gift of Reader's Digest (RDA) stock from DeWitt and Lila Wallace.

How large is the Mac endowment, compared with other schools and to 10 years ago?

The June 30, 2004 market value was \$487 million, which puts Mac near the middle of the 40 largest liberal arts college endowments. Ten years ago our endowment was \$468 million, second among liberal arts colleges. The poor performance of Reader's Digest stock over this period, and the restrictions on our ability to sell shares as quickly as we would have preferred, were the main reasons for the loss of real and relative value.

Do we still hold Reader's Digest stock?

No—the last of the 10 million shares of RDA stock that we received in 1990 were sold in 2002. The sale proceeds were invested in a diversified portfolio of stocks, bonds and alter-

native assets (real assets, private capital, hedge funds). Our current policy asset allocation is 50 percent stocks, 18 percent bonds, and 32 percent alternative assets.

Besides you, who manages the endowment?

Oversight is provided by the investment committee of the Board of Trustees, chaired by Timothy Hultquist '72. An investment consultant, Cambridge Associates, is retained to assist in asset allocation and other policy matters. All assets are managed externally, by 30 different investment firms.

What have been the investment returns?

Our June 30, 2004 one-year return of 16.1 percent was our best since 1997, and above the average endowment return of 15.1 percent. Our three- and five-year average returns are 4.7 percent and 3.9 percent respectively, reflecting the bear market of 2000–02. We hope to continue to achieve above-average returns in the future.

How much of the endowment do we spend each year?

Our spending policy attempts to preserve intergenerational equity—future students should benefit from an endowment with the same purchasing power as today's students. To attempt to assure this, the trustees have chosen a 5 percent spending rate, and applied it to the 16-quarter moving average market value for smoothing pur-

- “admissions decisions be made in a way that can make the most effective use of the financial aid budget to maintain an economically diverse student body while supporting Macalester’s mission...”;

- “periodic admissions reports be made to the Macalester community...to support ongoing evaluation of what should be the proper level of this financial aid budget to accomplish Macalester’s overall goals.”

About 10 alumni took part in a discussion at an alumni forum on financial aid held at Macalester in October. The Alumni Association’s Board of Directors, representing alumni of every generation, voted unanimously in October to endorse the

RPC’s chief recommendations on tuition revenue. “In this context, we recognize the importance of significantly enhancing fundraising. To that

end the Alumni Board stands committed to meet its obligations. Additionally, the Alumni Board encourages the Macalester community to continue to engage in thoughtful communication on this topic.”

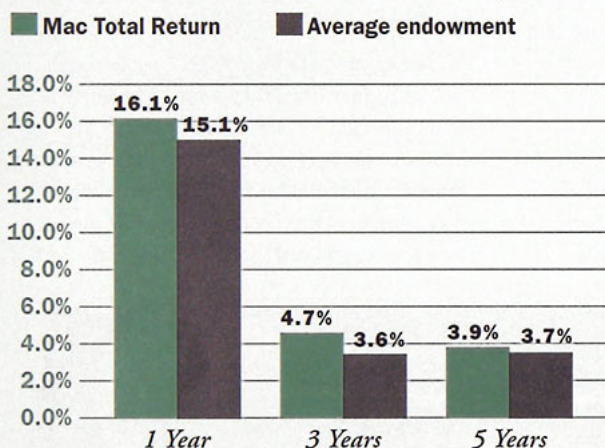
Many students urged the college to keep need-blind admissions. In remarks to the Alumni Board, Natalia Espejo ’07 said,

‘Before or after these changes, we will be one of the most accessible colleges in the country, including schools that are need-blind.’

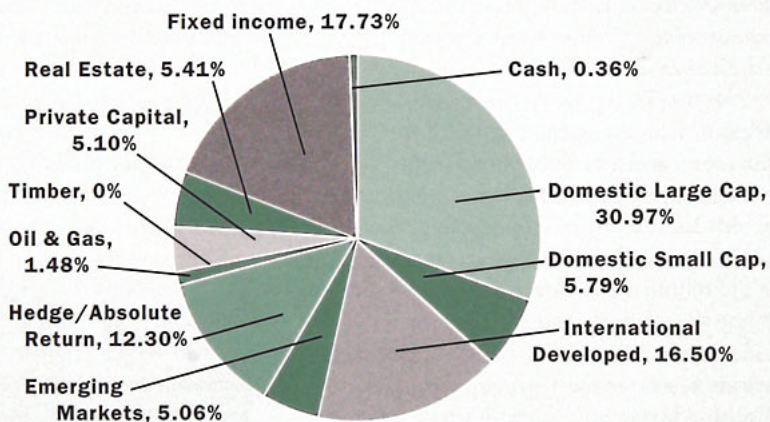
“Instead of addressing the wealth of prospective students as problematic, we should be proud of the fact Macalester indiscriminately provides high-need students with the opportunity of a high-quality education.

“Macalester’s economic adjustments should not have victims,” she said. “The proposed need-aware policy does. You might be told that the overall impact on the Macalester student body is small, but rejecting even one student that would have otherwise been accepted because of their low income, furthers the existing inequalities that continue to plague this country....Working-class students have many obstacles to overcome before they can even consider applying to an institution of Macalester’s prestige. To

Endowment Performance June 30, 2004



Endowment Asset Allocation June 30, 2004



poses. This equates to approximately 4.5 percent of the current market value over time, and requires a total return of about 5 percent plus inflation. Our 10-year average return of 8.6 percent for the diversified portfolio (excluding the RDA shares) covered spending and average inflation for this period of 2.7 percent as defined by the consumer price index. But college inflation is higher than the CPI, for many reasons, and purchasing power has been eroded due to the performance drag of the RDA holdings.

Is the Mac endowment invested in a socially responsible way?

The college’s social responsibility policy for investments in corporations was formulated largely in response to South African apartheid. It affirms the primacy of maximizing economic return on the endowment, but allows the trustees

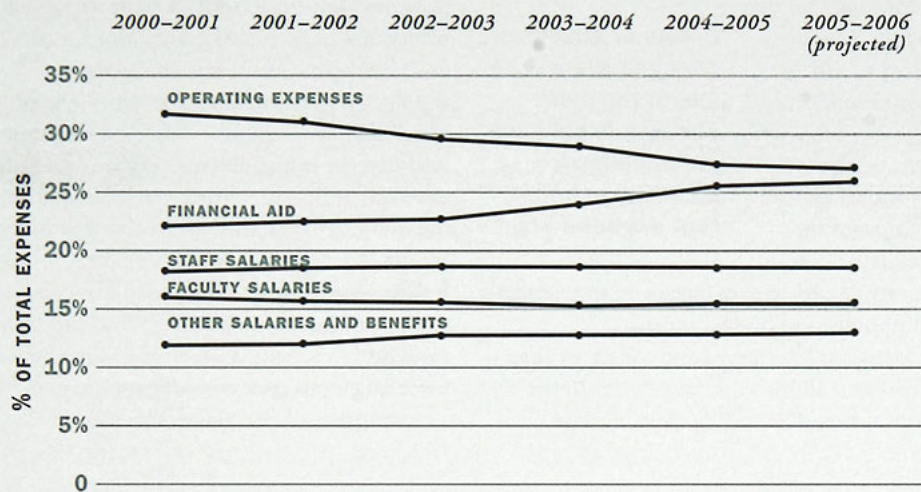
to take non-economic factors into consideration when making investment decisions. With increased campus interest in corporate citizenship, the investment committee has adopted a more proactive approach to exercising our shareholder rights. Beginning this year emerging corporate social responsibility issues will be reviewed in consultation with the college’s social responsibility committee, and proxies and shareholder resolutions will be voted with input from this committee. We expect our policies and practices to evolve over the next several years as we learn from experience.

Our spending policy attempts to preserve intergenerational equity—future students should benefit from an endowment with the same purchasing power as today’s students.

How much is added to the endowment each year through gifts?

The typical endowment will see gift additions between 2 and 4 percent of the current market value of the portfolio. We have averaged about 0.5 percent per year, which puts us at a comparative disadvantage with peer institutions. Putting this in terms of dollars rather than percentages, each year we expect to earn through investment returns about \$40 million, spend \$25 million and grow the portfolio for inflation protection by \$15 million. On top of that, we might receive \$2 million in gifts for new or expanded program support. Peer institutions of our approximate size will add \$10 million in gifts. Over time this gap will make a big difference to institutional strength. We need better returns, and we need more gifts. We’re working hard on both, but need help from alumni. ●

Macalester College Relative expense distribution 2001–2006



further complicate the matter by making their wealth a consideration in the application process is to continue this society's marginalization of the poor."

The Mac Weekly (www.themacweekly.com) devoted many pages to coverage of the discussion and letters on the subject.

In an Oct. 15 editorial, the *Weekly* urged the Macalester community to avoid "divisiveness" in the debate. "Everyone is interested in upholding the values and principles that define this place. No one is interested in turning Macalester into Amherst. In an ideal world, wealth would never be a factor in accessing higher education. With or without adherence to a

need-blind policy, factors that determine admissions decisions will never reflect an even playing field. For one

'Everyone is interested in upholding the values and principles that define this place. No one is interested in turning Macalester into Amherst.'

side to claim the ethical high ground and frame the debate as a battle of moral certainties is not fair to those who have worked hard to achieve a clear compromise that carefully weighs the ethical concerns we all share," the *Weekly* said.

The Student Government approved a resolution urging the faculty and the trustees to postpone their decision on the future of

need-blind admission until at least May, saying students and faculty alike have not had enough time to explore the issue.

Graduation rates

STUDENTS are graduating from Macalester at rates that are higher than at any other time in more than 40 years,

according to enrollment data from the Registrar's Office.

Recent graduation rates are up significantly:

- The cohort of first-years entering the college in 2000 recorded a four-year graduation rate of 81 percent—3 percentage points higher than the prior class.

- The cohort of first-years entering the college in 1999 recorded a five-year graduation rate of 84 percent—a full 4 percentage points higher than the prior class.

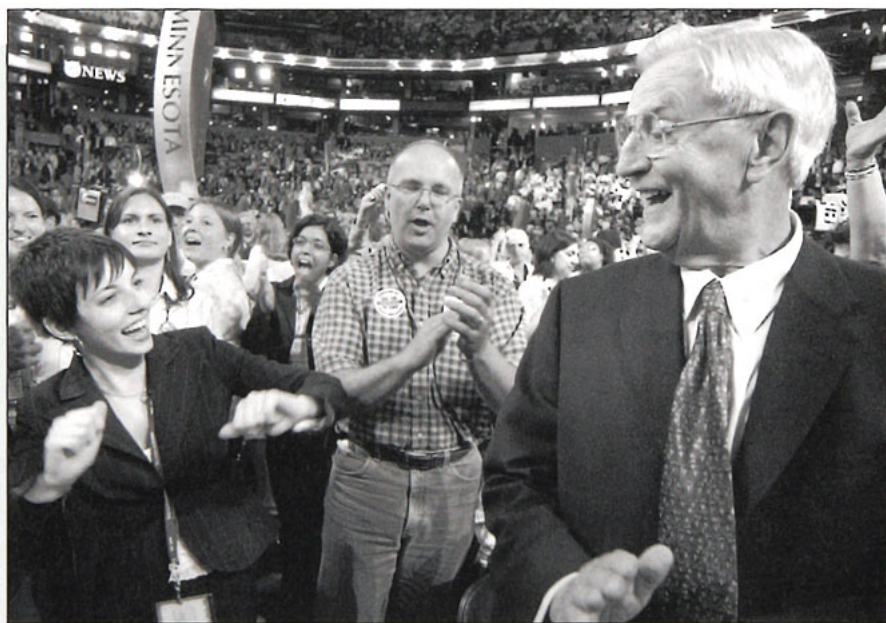
The rates at which students return to school—student retention—are also up and are the basis of higher overall graduation rates. For example:

- 93 percent of the Class of 2007 has returned for their sophomore year.

- 90 percent of the Class of 2006 has returned for their junior year.

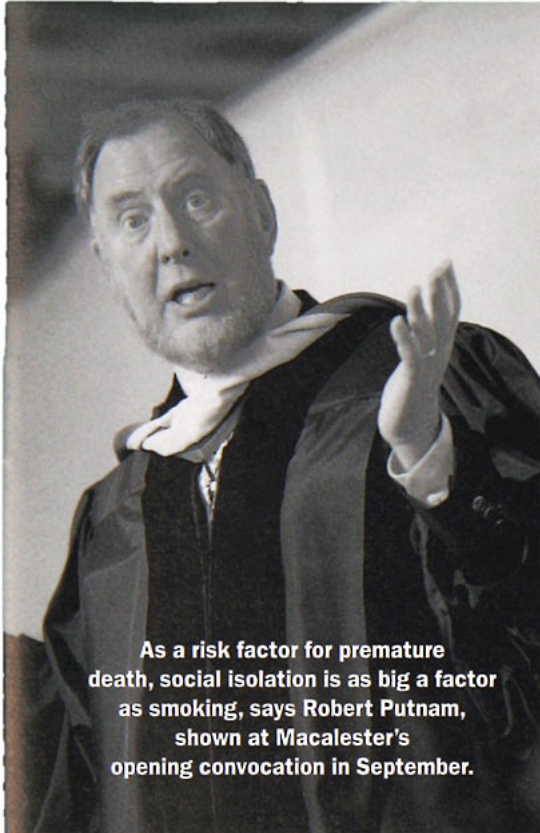
- 86 percent of the Class of 2005 has returned for their senior year.

These rates are from 4 to 7 percentage points higher than they were as recently as five years ago. Comparable rates can be found as far back as 1964 and the current rates are higher than they have ever been, according to Dan Balik, director of institutional research and associate provost.



Dancing Democrats

Andrea Johnson '06 (Mankato, Minn.) sashays up the aisle to dance with a fellow Minnesotan and Macite, Walter Mondale '50, at the Democratic National Convention in Boston last July. The former vice president was the official head of the Minnesota DFL delegation; Johnson, a political science and French major, was one of the pages for the delegation and also interned last summer in the Washington office of Congressman Martin Sabo.



As a risk factor for premature death, social isolation is as big a factor as smoking, says Robert Putnam, shown at Macalester's opening convocation in September.

All the lonely people

*Do you know your neighbors? Do you go on picnics? Belong to a club? The author of *Bowling Alone* explains why it matters—and why we need to reinvent the ways we connect.*

by Robert D. Putnam

SOcial capital in the broadest sense can be defined as any form of connection between people. A primary form of connection within any community lies within its organizations, and most organizations keep membership records. You could therefore examine change over time in membership of various organizations as a means of measuring trends of social capital in a given community.

I added up membership counts in various clubs across the nation and then looked at what those trends were over the course of the 20th century. Very simply, Americans for most of the 20th century became more and more connected, and then we became suddenly less and less connected. Organization membership numbers rose—with the exception of the Depression years—and rose especially during the 20 years after World War II. Then suddenly, silently, mysteriously, all those organizations across America in the

late 1960s began to experience first leveling membership density and then plunging membership density. By the end of the 20th century, every single kind of civic engagement had decreased by about 50 percent. In 1973, about 22 percent of Americans said they'd been to some kind of public meeting in the last 12 months; that's now down to about 11 percent. In 1975, the average American went to 12 club meetings a year; the figure today has dropped to about 5 club meetings a year.

Those figures are about organizational involvement, going to clubs and such, but how about just hanging out with friends?

Again, results show the same basic

decline. There's been roughly a 50 percent decline in the number of dinner parties held in America, and people are also about

50 percent less likely to have people over to play cards, or go bowling, or even go on picnics. This decline extends outside the social realm as well. Voting trends over this period look exactly the same: voting rises in the 20th century until 1964, peaks in 1964 and then declines.

Why should we worry about whether people know their neighbors or go on picnics or even vote? It matters a lot, and in measurable ways, whether people are connected or not with their communities.

Take crime rates, for example. A strong predictor of crime rates in a neighborhood is how many neighbors know one another's first names. Your physical health is also powerfully affected by social connections. Holding constant all the other things that affect your life expectancy, your chances of dying over the next 12 months are cut in half by joining one group. As a risk factor for premature death, social isolation is as big a factor as smoking.

There's only one exception to the declining trend of social capital across America: the generation of Americans who were born before or around World War II were very civically and socially engaged all their lives. Something about Pearl Harbor and the experience of World War II seems to have had a powerful effect on the people who were your age then. Something about the experience of struggling together, not just on the battlefield, meant that generation for all their lives

gave more to the community, and often in quite simple ways.

Those of you who are under 25 and have lived through the experience of 9/11 have an obligation to change the direction of American history. Most of the major civic institutions that we see in American society today were invented between the turn of the 20th century and the 1920s. That generation did not try to go back to the old, perhaps easier ways. Rather, they worked to invent new ways of connecting by creating communities and civic institutions that fit the new ways.

Today, we need to reinvent the ways we connect. The task that history has assigned to your generation is to invent your own new ways of connecting that will re-weave the fabric of American communities in a context that is very different, a context in which we understand we are not all alike.

There are different kinds of social capital. There are connections to people like yourself, called "bonding"

social capital, and connections to people unlike yourself, called "bridging" social capital. In a diverse society such as ours, we need a whole lot of bonding, which is relatively easy to build, but we likewise need a great deal of bridging social capital, something much harder to create.

My assignment to you is to come up with new, exciting and innovative ways to create bridging social capital in America, to bring Americans together across lines of race and class. It's not an easy task, but I know you're an astounding group of people, and I look forward to seeing your papers when they're due. ●

Something about the experience of struggling together, not just on the battlefield, meant that [World War II] generation for all their lives gave more to the community.

*Robert D. Putnam, the Peter and Isabel Malkin Professor of Public Policy at Harvard, is the author of *Bowling Alone: The Collapse and Revival of American Community* and *Better Together: Restoring the American Community*. This article is adapted from his remarks on "Community Engagement in a Changing America" at Macalester's opening convocation in September.*

Common ground

The Department of Multicultural Life seeks to welcome students of color and help them adjust to college. Many of its programs also engage white students and international students.

REBECA HOSSAIN '05 had never thought of herself as biracial or as a student of color. Born in Austin, Texas, she has lived all over the world including in Brazil and France. Most of the communities in which she lived were homogeneous, white and upper-middle-class.

"My parents," she says, "never, ever talked about race while I was growing up, even though both are minorities." Her dad is from Bangladesh and her mother was born in Puerto Rico, although she has lived most of her life in the United States. Hossain resented such categories until she became involved with the Lealtad-Suzuki Center in the Department of Multicultural Life.

"As I talked with the students of color, I realized that they had gone through many of the same experiences I had gone through, like walking through a store and having people watch you," she says. Recognizing these shared experiences brought "a whole bunch of 'ah-ha' moments."

Conversations about identity can be important formative experiences for college students, and providing "safe" and supportive ways to have those conversations is one of many ways Macalester is working to make itself more welcoming and inclusive for students of diverse backgrounds.

Leading that effort is the Department of Multicultural Life, established in August 2002 by then-President Mike McPherson and headed by Dean Joi D. Lewis. The department's most visible work of the past two years is a broad set of programs organized to welcome students of color, help them adjust to college and enable them to

explore issues of identity in structured and supportive ways. Many of these programs also engage white students and international students along with faculty and staff members.

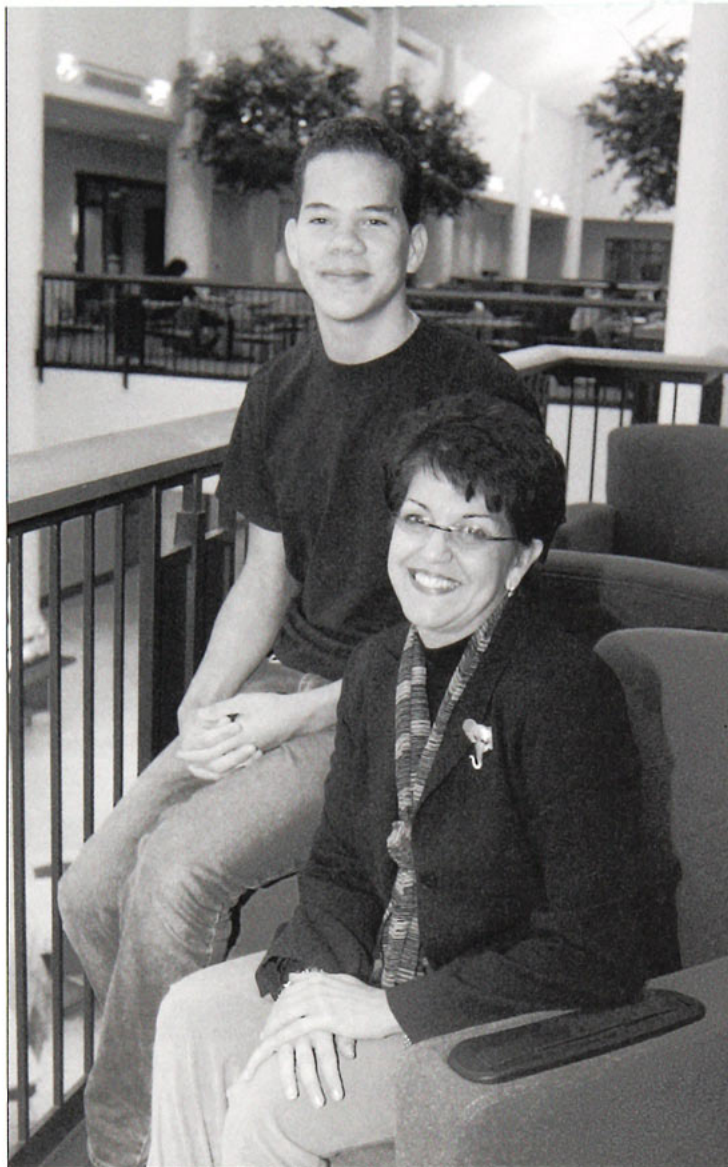
In the longer term, the department also seeks to create partnerships among academic and administrative departments to infuse multicultural awareness throughout all aspects of campus life.

"Our goal is not to make people feel bad," says Lewis.

"The college was not initially established with a diverse community in mind—that was the times—but now we have a very diverse community.... We talk about how to make sure the values and ethos of those who have been historically underrepresented show up in the life of the college."

As an example, Lewis points out that Macalester, like many colleges, is organized around the Christian calendar with days off at Christmas and Good Friday but with no similar provision for the Jewish High Holy Days or Ramadan. "[Non-Christians] shouldn't have to say, 'Hey, what about us?' That's *our* responsibility. It isn't right to say, 'It's OK for you to come here,' but then continue to do things the way we've always done them."

Karla Benson Rutten directs the Lealtad-Suzuki Center, the programming arm of Multicultural Life. The center is named for Catharine Lealtad '15, a pediatrician who



Kathy Angelos Pinkett '75, a member of Macalester's Alumni Board and a vice president at Minnesota Mutual Life Insurance Co., hosted Alex Rivero '07 (Miami, Fla.) through the Alumni of Color and Friends Host Family Program.

was the college's first African American graduate, and Esther Torii Suzuki '46, who came to Macalester from a Japanese American detention camp during World War II and became a Ramsey County social worker and Macalester Alumni Board member.

"Pluralism and Unity" is a Lealtad-Suzuki program that

engages a diverse group of some 30 first-year students in dialogues about race and class and incorporates field trips into various Twin

Cities communities. At one P&U meeting, Benson Rutten led an exercise she calls "Dominant/Subordinate Groups," in which students responded to 14 questions, noting

'We're looking at not just how our students get here, but what structures we have in place to make sure they're having a good experience.'

whether or not they were part of the dominant, privileged group. *Male or female or transgender? White or people of color? Able-bodied or with a physical, mental, emotional or learning disability? Christian or Muslim, Jewish, agnostic, Buddhist, Hindu, atheist or other?*

"The purpose," says Benson Rutten, "is to demonstrate all the places we have privilege in our lives. Then we ask the question: How can you use your dominance/privileged status to be an ally to someone in the non-dominant/subordinate group?"

MEGHAN Rockwell-Ashton '07, a white student from Fort Wayne, Ind., was relatively sophisticated about issues of identity. Her brothers are African American and adopted, and her father is a sociology professor, so their family had discussed race, ethnicity and privilege, but she says, "Doing that [dominant/subordinate exercise] I came to learn how many *different* identities people really have and live in everyday life."

Rockwell-Ashton became an American studies major and a student assistant in the Lealtad-Suzuki Center where her responsibilities include co-facilitating the Tapas Series, an open gathering that each month considers

Additional initiatives and programs

- **Alumni of Color and Friends Host Family Program**—connects alumni of color with first-year students of color or multiracial students
- **Cultural House**—a place where domestic students of color and allies can connect in a multicultural environment
- **Harambee!**—an annual reception recognizing those who have made a positive impact on multicultural life at Macalester
- **Soup and Substance Lunch Series**—a monthly series organized around the various cultural heritage months
- **Allies Project**—a program through which faculty, staff and students demonstrate their commitment to a safe environment for everyone

See www.macalester.edu/multiculturalism and www.macalester.edu/Lealtad-Suzuki.

an issue related to culture. The October meeting, for example, looked at get-out-the-vote initiatives for the 2004 presidential election based on popular culture and ethnic cultures.

Hossain also deepened her involvement. As a mentor in the Emerging Scholars Program, she now works with six first-year Scholars to ease their transition to college, offering advice on time management, apply-

ing for internships and other subjects. The program's one-on-one mentoring is designed to increase the number of students of color who participate in study abroad, fellowships and scholarships, and who go on to graduate and professional schools. (Hossain herself was recently selected for the Mellon Mays Undergraduate Program, which provides financial and mentor

support intended to draw more members of underrepresented ethnic and socioeconomic groups into selected academic fields.) Hossain also co-facilitates the Women of Color Collective, where members discuss diversity issues first among themselves, and then with the Men of Color, White Identity and Black Women of the Diaspora Collectives.

Benson Rutten says the collectives exist "to get people comfortable talking about hard issues without being so scared they just don't talk at all." Currently, 70 participants meet in the collectives. Collective facilitators are among the approximately 35 Center Associates (students, faculty, staff and alumni) who have been trained to carry on the work of multiculturalism.

"The training consists of looking at their personal identity, at issues of dominance and subordination, and at facilitation about issues of race in particular," says

'I came to learn how many *different* identities people really have and live in everyday life.'



PHOTOS: GREG HELGESON

Soup and Substance, a monthly lunch discussion series, brings together students, faculty and staff for food and conversation. It celebrates the various cultural heritage months that occur each year.

GREG HELGESON



Dean Joi D. Lewis speaks at Harambee!, an annual reception recognizing those who have made a positive impact on multicultural life at Macalester.

Benson Rutten. "What kinds of things have I learned from my community or my family that will impact how I have these kinds of conversations? What kinds of things trigger me if I'm in a group, and how does that impact my ability to be a facilitator?"

"To move this work forward," says Lewis, "we have to be in ally relationships with each other, or we're not going to change anything....But it's about *getting behind* the leadership of the group, not *speaking for* them. If we're talking about issues around class, I need to be able to be led by people who were raised poor."

At this writing, the college is in the process of selecting a Dean for the Study of Race and Ethnicity. Both teacher and administrator, this second dean will co-chair the Multicultural Advisory Board with Lewis and will chair the new academic department called American Studies: Comparative Racial Formations.

In May, the advisory board will recommend to the Board of Trustees recruitment and retention goals and a plan to attain them. "We're looking at not just how our students get here, but what structures we have in place to make sure they're having a good experience," says Lewis.

"We have an opportunity here for folks to be engaged with each other and then to become those citizen-leaders they are *able* to

Campus events

Note: Because this issue of Mac Today went to press in early November, only a few events are listed here. Please consult the **Arts & Events Calendar on the Web:**

Events Calendar on the Web:

www.macalester.edu, click on Arts & Events Calendar.

Or call the phone numbers listed below for specific activities.

Jan. 24, 2005: Classes begin

Jan. 26-Feb. 10: Alumni tour of Vietnam with Macalester English Professor Robert Warde (651-696-6037)

Feb. 25-27 and March 4-5: Moliere's "The School for Wives," Theater Department (651-696-6359)

April 15-17 and 22-23: "The Jester" by Muhammad Maghut, Theater Department (651-696-6359)

April 30: Springfest (651-696-6132, ext. 3)

May 14: Commencement

June 3-5: Reunion Weekend (651-696-6203 or 1-888-242-9351)

Theater and Dance: 651-696-6359

Macalester Gallery: 651-696-6416

Music Department: 651-696-6382

Athletic events: 651-696-6260



be because they have had connections with people in other communities. It really is about trying to collect all of our humanities back together."

— Jan Shaw-Flamm '76

Global citizenship

Carol and Brian Rosenberg visited Secretary-General Kofi Annan '61 in his office at the United Nations in October. "Among other things, we talked about the proposed Center for Global Citizenship at Macalester, a subject in which the secretary general might be expected to have some interest," President Rosenberg reported. Macalester plans to formally launch the new center in the fall of 2005. Rosenberg told the faculty this fall that the center will serve as the organizational heart of the college's efforts to educate global citizen-leaders. He has named political science Professor Andrew Latham to serve as assistant to the president for civic engagement and to oversee the effort to establish the center.



UNITED NATIONS PHOTO / ESKINDER DEBEBE

Fall sports review

Women's soccer team captures MIAC title with 10-0-1 record, earns berth in NCAA playoffs

THE MACALESTER women's soccer team won the Minnesota Intercollegiate Athletic Conference championship with a 10-0-1 record and, by winning the post-season conference playoffs as well, earned a berth in the NCAA Division III championships for the eighth time in ten years.

The Scots advanced to the NCAA's Sweet 16 with playoff wins over Grinnell and Loras but then lost a heartbreaker to Washington University of St. Louis. Following a scoreless 90 minutes of regulation and 20 minutes of overtime play, Washington won on a penalty kick shootout 5-4.

Macalester ended its season at 18-3-2.

The Scots won five straight league titles before coming up a little short in each of the previous two seasons. This season they left little to chance by winning 14 of their first 16 to move into the national rankings. Mac went into the NCAA playoffs after shutting out Augsburg and Concordia in the conference tournament and posting shutouts in 12 games. Erin Hoople '05 (Rockford, Ill.) and Cara Goff '06 (Amherst, Mass.) led a stingy defense. Annie Borton '07 (Berkeley, Calif.) scored 16 goals and Katie Pastorius '06 (Arden Hills, Minn.) had nine goals and 14 assists.

Mac Coach John Leaney was named MIAC Coach of the Year and five Scots were named to the All-Conference team: Borton, Hoople, Goff, Meghan Leahey '06 (Wayzata, Minn.) and Sarah Marsh '05 (Lincoln, Neb.).

Men's soccer

Macalester's bid for a fourth straight conference championship came up short and the Scots finished third in the standings. A win over co-champ St. Olaf in the MIAC playoff semifinals gave the Scots a shot at nationally ranked Gustavus in the finals, but the Gusties knocked them off in the title match. The Scots finished 8-6-2 for their 18th straight winning season and got some good play in the midfield from Andrew Wissler '06 (Annandale, Va.), Michael Dannenberg '05 (Brookline, Mass.) and Magnus

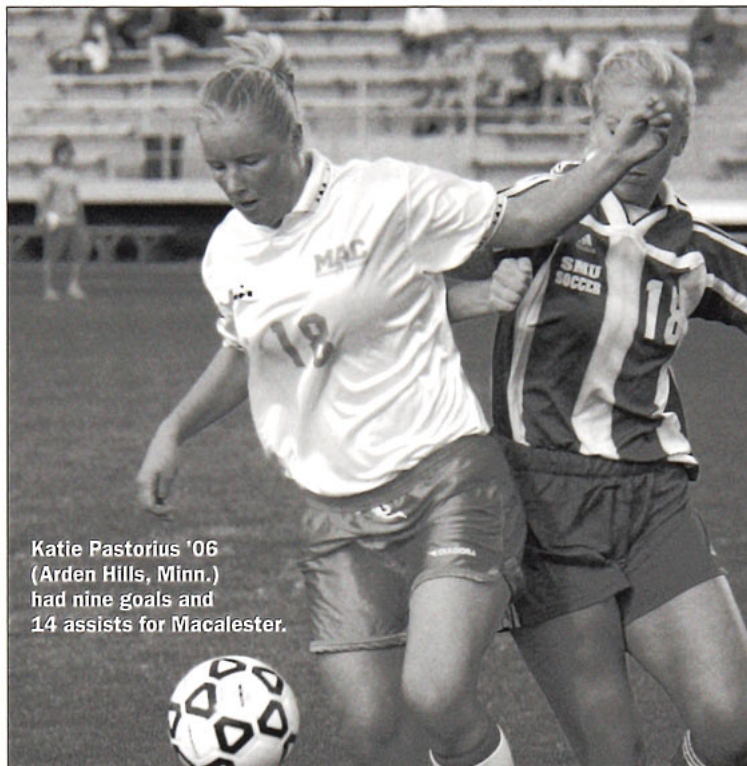
Oppenheimer '07 (Stockholm, Sweden). All three were named to the All-Conference team.

Women's cross country

The Scots earned a spot in the national top 25 rankings about midway through the season after they won the St. Olaf Invitational, took third in the Luther All-America Race and were fourth out of 22 teams at the UW-Oshkosh Pre-National Meet. Koby Hagen '06 (Minneapolis) and Francie Streich '06 (Lincoln, Neb.) received All-Conference honors by placing 14th and 15th, respectively, at the MIAC championships to lead the Scots to a fifth-place team finish. They were the team's top two runners in every meet. Anna Shamey '07 (Leverett, Mass.) and Anna Gordon '06 (Eugene, Ore.) were the team's third and fourth runners at the conference meet with top 35 performances. The women placed seventh at the season-ending regional meet, moving up four spots from last season.

Men's cross country

The Scots took fourth at the MIAC meet for the second year in a row after placing second in the St. Olaf Invitational and fifth at the UW-Oshkosh Pre-National Meet. Macalester had one of its best fall seasons in years and was led in every meet by Bo Rydze '05 (Iowa City, Iowa), who earned All-Conference honors for the second year in a row with a 13th-place finish at the conference meet. Roscoe Sopiwnik '06 (Frederic, Wis.) also made All-MIAC by finishing 14th. Dylan Keith '07 (Soldiers Grove, Wis.) and Eric Olson '05 (Faribault, Minn.) were honorable mention All-Conference runners with top 25 finishes. The men placed seventh at the season-ending regional meet, moving up two spots from last season.



Katie Pastorius '06 (Arden Hills, Minn.) had nine goals and 14 assists for Macalester.

Football

Although the Scots finished 1-8, their only victory coming in a 27-20 decision over Knox (Ill.) midway through the season, they enjoyed some success on offense. Quarterback Adam Denny '05 (Preston, Minn.) set school records for most career passing yards (5,716) and touchdowns (33). Running back Nate Vernon '06 (Fall Creek, Wis.) was among the national Division III leaders in yards from scrimmage, running for 746 yards and catching 49 passes out of the backfield for another 617 yards. With just one senior on the roster, the Scots were a very young team and it often showed on defense. Safety Tim Burns '06 (McFarland, Wis.) had over 100 tackles and three interceptions to lead the defense.

Volleyball

Mac just missed the six-team MIAC post-season playoffs by one position in the standings for the second year in a row and finished 11-16 overall. The team faced a rugged schedule and nine of its 16 losses came against teams ranked in the final national poll. Of these nine defeats, six came in hard-fought five-game matches. May Lin Kessenich '05 (Milford, Conn.) was named MIAC Defensive Player of the Year for the third season in a row after ranking among the national

leaders in digs per game. She also made the All-Conference team. Lauren Eberhart '07 (Madelia, Minn.) finished second in the MIAC in kills per game and Maggie Buttermore '06 (Lincoln, Neb.) was among the leaders in blocks and hitting percentage.

Men's golf

Macalester moved up three spots at the season-ending conference tournament by

placing seventh. The consistent Kramer Lawson '05 (Holly Springs, N.C.) was the team's low scorer in every tournament he played in for the third year in a row and earned his third straight top 20 finish at the MIACs. Lawson was 14th with a 155 two-round score at Bunker Hills and missed All-Conference honors by just a couple strokes. Wes McFarland '05 (Arden Hills, Minn.) scored a 157 and placed 23rd.

Women's golf

The Scots featured one of the MIAC's top young golfers in Kristen Ausan '08 (Mahomet, Minn.), who was the team's low scorer in every meet during the fall. Ausan peaked at the MIAC championships at Willinger's in Northfield and earned All-Conference honors with a fifth-place finish, posting a 170 score for the two-day tournament. Kylie Thomson '07 (Seattle) was the team's No. 2 golfer.

Hall of Fame adds four

MACALESTER'S M Club Athletic Hall of Fame inducted four new members in October:

- **Jane Ruliffson '92** remains the all-time leading scorer in Macalester basketball history with 1,762 points. She led the Scots to their best season ever as a junior with a 17-9 record and annually was ranked among the NCAA Division III national leaders in scoring, free-throw shooting and three-point baskets made. A four-year starter after arriving from Fargo, N.D., and three-year All-Conference pick, Ruliffson was a Kodak honorable mention All-American as a senior. She was third in the nation with a 51 percent three-point shooting mark one year and the next posted the school's highest scoring average ever when she netted 19.9 points a game. She made 80 percent of her foul shots, including 85 percent one year as one of the nation's best, and in her career started all 101 of her team's games.

- **Nelson (Shasha) Jumbe '94** was an All-Conference performer and standout in both track & field and soccer after arriving at Mac from Harare, Zimbabwe. He was a two-time NCAA Division III triple jump national champion. In soccer he was a key player on some pretty good Macalester teams and started three years for Coach John Leaney. One of the MIAC's most accomplished tracksters of all time, he won the national championship in the triple jump as both a sophomore and senior. He also had a second-place national finish to his credit and was an accomplished long jumper as well. Jumbe's 1992 triple jump mark of 51 feet, 10 inches has yet to be topped at a national championship meet and is the fourth-best jump ever



Hall of Famers (from left) Henry Buelow '56, Jane Ruliffson '92, Jennifer Tonkin '93 and Nelson Jumbe '94 with M Club President Steve Cox '76.

recorded in the Division III ranks. He coached at RPI while earning his master's and Ph.D., and coached a pair of All-American jumpers while there.

- **Jennifer Tonkin '93** was one of a long line of accomplished Macalester distance runners over the last quarter-century. She was one of the top cross country and track runners in the MIAC in the early '90s and got better every year at Mac after arriving in St. Paul from Bellevue, Wash. Her improvement continued at a fast pace after graduation and four years ago she placed 10th at the U.S. Olympic team marathon trials. Tonkin placed second in the Twin Cities Marathon in '99 after finishing sixth the year before. In cross country at Macalester, she earned All-Conference status all four years while qualifying for nationals as a senior. In track and field, she won conference individual championships in both the 5,000 meters and 10,000 meters and competed at the national meet as a junior. She earned her

M.S. and Ph.D. in chemistry from the University of Washington and is a faculty member at Seattle Central College.

- **Henry (Hank) Buelow '56** was a four-year letter winner in football and two-year letter winner in basketball. One of the best small college football players in the state in the mid-1950s, he was a Mac football captain, a two-year All-MIAC and all-state selection, and an honorable mention Little All-America performer for the Scots under Coach Dwight Stuessy. He also served as president of the Scots Club and Vets Club. Following graduation, Buelow was offered a tryout with the Cleveland Browns. He was awarded a Silver Star for heroism in the Korean War and served with several military organizations. He has been president of the First Cavalry Korean Veterans Association and once served as Chamber of Commerce president in Miles City, Mont. ●

The state of civil society at Macalester

The campus community has wrestled thoughtfully and respectfully with 'hard questions'

by Brian Rosenberg

RECENTLY I was fortunate enough to attend a lecture by Stephen Carter, professor of law at Yale University and among our most powerful writers on topics including religion, race and ethics. Carter's central point was that the basis of civil society, and especially civil society within a democracy, was a willingness to wrestle with complexities, to argue cogently for one's beliefs, and—maybe most important—to treat those with whom we disagree charitably and with respect.

Not surprisingly, Carter notes little evidence of this willingness in the political discourse of the present moment. "We've become extremely good at announcing our positions," he observed, "but terribly bad at defending them." And then, in a remark that possesses the strangely eloquent power of simple truths, he noted that "the reason hard questions are called 'hard questions' is that they are *hard* questions."

Carter's lecture led me to reflect upon the state of civil society at Macalester and, by and large, to be encouraged. Twice in recent months the willingness of this community to wrestle thoughtfully and respectfully with "hard questions" has been tested and, at least in my view, twice we have passed. The first instance was during this year's iteration of the Macalester International Roundtable, an annual symposium focused on matters of national and global consequence. Speakers including Niall Ferguson, Tariq Ali and Michael Ledeen addressed the issue of



America and global power from a range of perspectives, some of which are clearly minority viewpoints on the Macalester campus. With a few exceptions—there are always exceptions—we were up to the challenge, and the discourse over three days was intense, provocative, civil and deeply valuable both substantively and symbolically.

Even more visible has been the ongoing discussion of balancing quality and access at the college, a discussion that for some can be distilled down to the question of whether or not we can and should maintain our current version of "need-blind" admissions (see page 6 of this issue). I cannot in this column summarize the substance of this discussion; for that, I refer you to my letter in the last issue of this magazine, the Macalester Web site and any number of issues of the *Mac Weekly* published throughout the fall.

HERE I WILL simply note that in a variety of settings—an open forum for alumni, an on-campus debate, meetings with student government and the Alumni Board, faculty meetings, informal discussions and e-mails—the majority of the exchanges have been reasoned and fair, reflective of a community that cares deeply and thinks energetically about hard questions. One recent graduate wrote in a message to me that "Macalester alumni react with their hearts but decide with their heads." While I am not sure that heart and head, emotion and reason, can or should be so neatly disentangled, I take him to mean that our alumni are prepared to move beyond pronouncements and to engage with the kinds of nuanced challenges that the broader public, unhappily, too often seems inclined to look past. The evidence suggests that he is correct.

There is, of course, another view: that is, that less thoughtful and more demagogic

tactics work, that they "win," and that therefore one should adopt them on behalf of a cause in which one passionately believes. Certainly this assumption appears to dominate the current political landscape on both the national and local levels, and there is some evidence to suggest that it is accurate. My response is merely to observe that each of us must come to an understanding of what constitutes "winning." If prevailing in a battle of ideas means adopting tactics that undermine the nature of civil society, there may be times when it is better to lose.

Near the end of his lecture, Stephen Carter recalled a long-ago conversation with the great Thurgood Marshall, for whom he had clerked nearly a quarter-century earlier. Carter had asked Marshall to describe his impressions of John W. Davis, his opponent in *Brown v. Board of Education* and perhaps the foremost litigator of his time. Passing on the opportunity to attack, Marshall instead surprised Carter by volunteering the following observation: "John W. Davis? A good man. A great man. He was just all wrong about that segregation thing." This came from a person who had literally risked his life in the fight for equality and justice and who had every reason in the world to treat his antagonists with the deepest of contempt. If Marshall could demonstrate such humanity and grace, what should the rest of us ask of ourselves, who have been much less sorely tested? ●

Brian Rosenberg, the president of Macalester, writes a regular column for Macalester Today. He can be reached at rosenbergb@macalester.edu.

If prevailing in a battle of ideas means adopting tactics that undermine the nature of civil society, there may be times when it is better to lose.

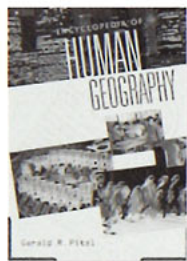
Human geography; work and leisure; Andrew Johnson

Encyclopedia of Human Geography
by Gerald R. Pitzl (Greenwood Press, 2004.
272 pages, \$59.95)

Human geography focuses on the ways that humans interact with each other and with the environment. Themes within the field of human geography reflect the diverse perspectives of culture, population, economics, politics, urbanization and social behavior. The first encyclopedia devoted exclusively to human geography, this book presents nearly 300 pertinent models, concepts, theories and people associated with human geography. It is intended as a guide for high school students taking advanced

placement human geography as well as a useful supplement to college texts and a guide for researchers.

Jerry Pitzl, a Macalester professor emeritus of geography, now lives in Santa Fe, N.M.



**Between Work and Leisure:
A Study of the Common Ground
of Two Separate Worlds**
by Robert A. Stebbins '61 (Transaction
Publishers, 2004. 136 pages, \$29.95 cloth)

Robert Stebbins examines ways in which people can be attracted to their work in such a profound way that the line between work and leisure is virtually erased. The heart of his book uses research findings on leisure to develop a critique of the "workaholic" model. Stebbins argues that deeply felt worker enthusiasm is free of addictive or coerced behavior. *Between Work and Leisure* aims to debunk the prevailing myth that work and leisure are wholly separate and mutually antagonistic spheres of life.

Stebbins is faculty professor in the University of Calgary's Department of Sociology and a fellow of the Academy of Leisure Sciences and the Royal Society of Canada.



**The Tools & Techniques
of Life Insurance Planning**
by Robert J. Doyle Jr. and Stephan R. Leimberg
(The National Underwriter Company, Inc.,
2004. 574 pages, \$74.95)

The third edition of *Life Insurance Planning* is intended to assist financial professionals in absorbing and in turn conveying highly complex concepts to clients in a clear and simple manner. The authors reorganized the third edition especially to serve the needs of students and professionals studying to become Certified Financial Planners.

Robert J. Doyle Jr. is a financial economist living in Wayne, Pa., who has written or co-written 14 books and published nearly 100 articles on financial planning, investment and retirement topics.

Andrew Johnson
by Kate Havelin '83 (Lerner Publications,
2004. \$27.93 cloth, 112 pages)

One in the publisher's series on U.S. presidents, this is Kate Havelin's 11th book for young readers. Intended for grades 6–12, it tells the story of the only Southern senator to side with the North during the Civil War and who became the 17th president after Lincoln's assassination. Despite his loyalty to the Union and his efforts to reunite a divided country, Johnson expressed strongly racist views. Combined with his refusal to compromise, such views alienated Johnson from Congress and his own cabinet, halting progress during Reconstruction and leading to his impeachment.

Havelin, who worked as a television producer for more than a decade, lives with her husband and two sons in St. Paul.

Look Over Your Shoulder
by F. Keith Hunt '42 (Caira Press, 2004.
212 pages, \$19.40 paperback)

In a previous book, *Tough Men, Tough Boats*, published in 2002, F. Keith Hunt interviewed commercial fishermen about



their trials and triumphs on Lake Superior's North Shore. In this companion volume, he focuses on the lives of early 20th century settlers—who made their livings as farmers, loggers and the first hosts to tourists—in a portion of Minnesota's Arrowhead region, from Little Marais to Grand Portage and west along the Canadian border to Seagull and Saganaga and Gunflint lakes. The book consists of interviews with old settlers and members of their families. "In the Arrowhead there was little time, early on, to stand looking at the beauty of nature," Hunt writes. "You built your house from timber on your own homestead. You dug a root cellar by using a slusher. And if—perish the thought—you picked up head lice somewhere, you used kerosene to get rid of them."

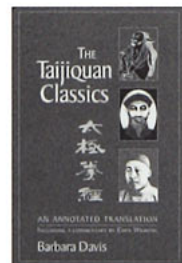
Hunt, who is retired from a Minneapolis publishing company, and his wife, Sylvia Ness Hunt '45, live on Lake Superior near Grand Marais. His book is available by writing 2460 East Highway 61, Grand Marais, MN 55604.



**The Taijiquan Classics:
An Annotated Translation**
by Barbara Davis '75 (North Atlantic Books,
2004. 212 pages, \$16.95 paperback)

Taijiquan is a Chinese martial art practiced by millions of people around the world for its health, relaxation and self-defense benefits. Its enthusiasts have used a collection of early writings on the art—known as the Taijiquan Classics—as a touchstone for almost two centuries. This book traces the colorful history of taijiquan, its personalities and controversies, and poses questions about the classics' authorship, dating, contents and

transmission. Barbara Davis offers a fresh translation and thorough annotation of the five core texts and explores the meaning of the Yang Family Classics and how they can help people deepen their practice.



Davis holds a master's degree in East Asian studies from the University of Minnesota. She is the editor of *Taijiquan Journal* and is director of Great River T'ai Chi Ch'uan in Minneapolis.

Object Thinking

by David West '72 (Microsoft Press, 2004. 334 pages, \$49.95 cloth)

The foundation of all object-oriented software design, including agile methods such as extreme programming, is object thinking. In this reference book, object technologist David West provides a historical and contextual discussion of object thinking, including the behavioral approaches to object discovery and design. The book is intended to help readers master the fundamental principles and learn how to apply object thinking to improve software development at every phase of the process.

West is a professor in the School of Business at New Mexico Highlands University,

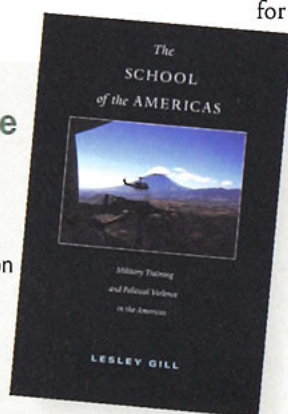


where he is developing an object-based curriculum in software architectures, business engineering and management information systems. He founded and served as the director of the Object Lab, a cooperative effort with local corporations dedicated to researching and promoting object technology, at the University of St. Thomas.

The School of the Americas: Military Training and Political Violence in the Americas

by Lesley Gill '77 (Duke University Press, 2004. 296 pages, \$69.95 cloth, \$19.95 paperback)

The School of the Americas, a U.S. Army center at Fort Benning, Ga., has trained more than 60,000 soldiers and police, mostly from Latin America, in counterinsurgency and combat-related skills since it was founded in 1946. The focus of an intense controversy over the last decade because of the participation of some of its alumni in torture, murder and political repression throughout Latin America, the school in 2001 changed its name to the Western Hemisphere Institute for Security Cooperation.



who desired land reform, better wages, improved health care, education and the basic right of self-determination were labeled Communists by the U.S.-backed regimes and

murdered, tortured and disappeared by shadowy paramilitary death squads and state security forces trained by the United States. The perpetrators were almost never held accountable, and officials acknowledged the dead and the abused very slowly, if at all. The Third World victims of cold war atrocities usually did not receive public commemorations, such as those so fittingly published by the *New York Times* for each individual killed in the World Trade Center, nor were memorials constructed in their honor.

—from *The School of the Americas: Military Training and Political Violence in the Americas* by Lesley Gill '77
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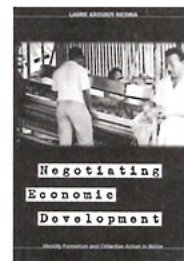
Lesley Gill, an associate professor of anthropology at American University, conducted dozens of interviews in the U.S. and in Bolivia, Colombia and Honduras in her effort to present a comprehensive portrait of the School of the Americas and those opposed to it. She sat in on SOA classes, spoke with a retired Colombian general accused by human rights organizations of terrible crimes, listened to coca farmers in Colombia and Bolivia who bear the brunt of state-sponsored violence and met with anti-SOA activists. Her book seeks to expose the SOA's institutionalization of state-sponsored violence and the havoc it has wrought in Latin America.

The book is part of a Duke University Press series, "American Encounters/Global Interactions," edited by Macalester Professor Emily Rosenberg and Gilbert Joseph.

Negotiating Economic Development: Identity Formation and Collective Action in Belize

by Laurie Kroshus Medina '84 (University of Arizona Press, 2004. 290 pages, \$45 cloth)

This ethnographic case study focuses on the production of collective identities and the negotiation of development policies as citrus farmers in Belize respond to fluctuations in international trade. Laurie Kroshus Medina, an associate professor of anthropology at Michigan State University, analyzes the development of the citrus industry in Belize over 15 years and offers insights into the lives of the workers, union people, small and larger growers, and politicians as they adapt to the changing global economy.



Her research demonstrates how collective agency in Belize has pushed the citrus industry's development in directions that simultaneously conform to and diverge from the trajectories laid out by foreign agencies. Her book seeks to provide a bridge from old to new studies of Latin American social movements as it offers insights into competing forms of identity. ●

September 11, 1973, in Chile and September 11, 2001

Almost three decades before the attacks on the World Trade Center and the Pentagon killed over three thousand people, another act of unspeakable horror took place in the South American country of Chile on September 11, 1973. A savage military coup d'état backed by the United States overthrew democratically elected president Salvador Allende and unleashed a wave of state-sponsored terror that left thousands of Chileans dead...

The dual tragedies of September 11 force us to recognize that the United States government has assisted in the creation of international terrorist networks and has rarely let a commitment to democracy stand in the way of its global ambitions. But until the attack of September 11, 2001, American citizens seldom experienced the horror, the anguish, the profound loss and the lingering sense of vulnerability that the survivors of terrorism in other parts of the world know too well. From Chile to East Timor, Congo, Guatemala, El Salvador, Colombia and many other cold war battlegrounds, ordinary people

Do You Trust These People?



Five alumni journalists reflect on the state of their profession

by Doug Stone

N*ew York Times* reporter Jayson Blair causes a scandal by fabricating quotes and descriptions and plagiarizing other reporters at the world's best-known newspaper. A veteran reporter for *USA Today*, Jack Kelley, is fired after it is revealed that he had made up stories for many years.

In another embarrassing moment for *The Times*, editors concede that the newspaper's reporting about weapons of mass destruction before the war in Iraq was inaccurate and based on less than reliable and often biased sources.

The credibility of the news media, electronic and print, has fallen in recent years. In the absence of news sources that are "objective" or perceived to be so, many Americans choose media on the basis of their own political views (see page 20).

Given all the recent criticism and controversy surrounding the media, *Macalester Today* asked five alumni journalists to reflect on the state of the media and analyze the issues facing their profession. They made their comments before the November elections.

Doug Stone, director of college relations at Macalester, spent 19 years in journalism as a reporter for the Minneapolis Tribune and assistant news director of WCCO-TV in Minneapolis. He also teaches journalism at Macalester.

Angela Couloumbis '93, a reporter for *The Philadelphia Inquirer* who writes about the City Council and politics:

By no means am I trying to downplay the lies and deception of journalists like Blair or Kelley or Stephen Glass (formerly of the *New Republic*), but I do believe their mistakes have been unfairly used to cast aspersions on the work of all journalists. If anything, those well-publicized incidents have prompted serious dialogue and self-examination. So I do not subscribe to the opinion that the media are in decline. I believe there are real problems facing most news organizations: declining circulation, shrinking newsrooms and trying to do quality journalism while being pressured to increase profit margins.

I can say, without hesitation, that I work alongside people who work tirelessly to report the news—and get it right. Are they motivated by ego and ambition? Sure. But they are also motivated by a sense of public service and the yet unsullied notion that what they do can and does make a difference.

There are some steps news outlets can take to establish their credibility. Having an ombudsman critique a publication's coverage of events is a key step. Filling that role, or a similar one, would send the public the

message that news organizations are open to criticism and do not believe they are infallible.

I also believe reporters have become too accustomed to using anonymous sources, so much so that it's not uncommon to have an anonymous source verifying what would otherwise appear to be an innocuous piece of information. Pressing reporters to identify their sources and use anonymous ones only when absolutely necessary would help news audiences better judge the value and validity of the information they are reading or hearing. News organizations should develop guidelines as to when—and under what circumstances—they can use anonymous sourcing.

There is nothing like good, old-fashioned investigative journalism to reinforce the idea that media organizations, whether you love them or hate them, play a vital role in public life, providing checks and balances and holding people accountable.

There isn't a day that I don't feel I have to prove to sources that I can tell their side of the story fairly and accurately. So much of what we do is about gaining trust. And the best way to do that is to care enough to get the facts right. When the public reads a story, or sees a broadcast, it can tell right away if reporters are slacking on the job.

And like most reporters, I frequently experience fallout from the lack of trust of the press in general, even on the most routine of stories. People don't like talking to the press. And if they can avoid it, they do. I can't tell you how many times I've picked up the phone, usually on deadline, to interview someone, only to have that person shut down on me when I mention I'm a reporter.

I deal with those situations the way I would like someone to deal with me if I were in a similar position—by being straightforward and honest, and taking pains to listen to what they're saying and reflect their thoughts accurately.

'Like most reporters, I frequently experience fallout from the lack of trust of the press in general.'



Angela Couloumbis '93:

"Reporters have become too accustomed to using anonymous sources."

Connie Hicks '71, a former longtime reporter and anchor at the ABC station in Miami, Fla., who is now a professor of communications at Barry University in Miami:



Connie Hicks '71:
"It's a safe assumption that if people are reading less and/or watching less news, they're less informed."

The media are trying to find themselves. And in the process, they're sending mixed signals, meeting with mixed success and trying to needlessly reinvent themselves. The public doesn't like the floundering, nor does the staff.

The difficulty today is trying to sustain the industry as a business while trying to provide news. For example, in the early 1980s roughly 92 percent of the population watched the early evening national news; now that number is about 17 percent. That's a severe hit in the profit and loss column. So television and newspapers are increasingly trying to attract more viewers/readers while at the same time trimming jobs. The combination often backfires.

With staff reductions (and usually it's the higher paid, more experienced people who are "reduced"), the quality of writing suffers and there's less investigative and enterprise journalism, which is the sort of news that often gets people interested.

The media are perceived as not only biased, but biased towards the left (I answer critics that any bias is wrong, whether it's Fox with its so-called conservative edge or the allegedly liberal *Washington Post*). And, also obviously, cheats like Kelley, Glass and Blair reflect poorly on all journalists. But I think that perception is also a bit of a cover-up; fewer people are

reading or watching the news, and the easy explanation is that it's a "waste of time," "inaccurate," "too depressing" — the list goes on and on.

It's a safe assumption that if people are reading less and/or watching less news, they're less informed. The explanation I hear constantly is, "It's too liberal," or "it has an agenda," so why waste the time? There's also "it's too depressing." Yet, how would they know, if they're not reading the news, catching the newscasts? How often do people vote along ethnic or racial or party lines? That's certainly easier than having to discover whether the candidate is the person they think would do best in office.

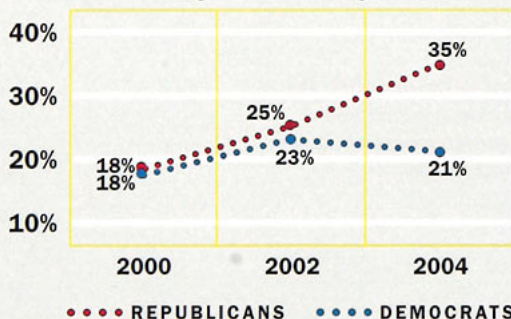
Certainly, we need closer scrutiny by management of reporters: there's no way some of the bad apples should have gotten away with what they did. Frankly, they weren't even clever or especially devious.

The problem with the younger or less experienced reporter goes again to the issue of staffing. Ideally editors would look over their shoulder, but in reality, and this is especially true for television, that editor is overseeing the early evening newscasts, checking on a satellite feed, ordering some graphics, all at the same time. If it's breaking news, there's no way an editor can coach or correct what a reporter says, or fails to say, in the live shot. The larger the staff, the more time there is to prepare a story. But in this cost-conscious business, that news monster must be fed on a daily basis, so spending a day or two, or even weeks, on a story is rare.

With few exceptions, television reporters are general assignment. My recommendation is allowing the inexperienced to learn the trade the old-fashioned way—in a smaller market, where there's more time and less pressure to do the job right, to make mistakes that hopefully aren't critical.

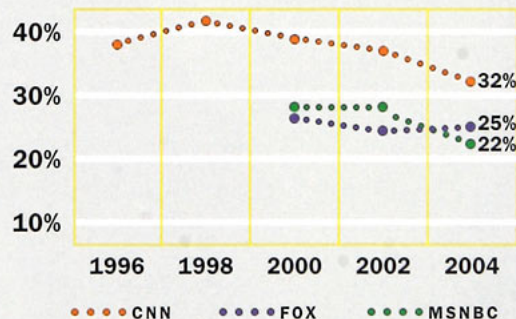
Republicans Turning to Fox

Percent watching Fox News regularly



CNN Credibility Drops But Still Leads Cable

Percent who believe all or most



SOURCE: THE PEW RESEARCH CENTER FOR THE PEOPLE AND THE PRESS; SURVEY RELEASED JUNE 8, 2004



Pat Kessler '79:
"There's a mistrust of the media, but I'd argue it has always been that way in America."

news and Internet Web sites. While it contributes to some divisiveness and mistrust, it creates new opportunities for news consumers to be culturally, socially and politically aware.

It is important for news organizations to find new ways to reach news consumers and new ways to allow interaction with the news organization. For tele-

'Newsrooms need to reflect the society they cover.'

vision, this can mean something as simple as a televised town meeting. But more and more, it means

new ways of delivering the news, such as through the Internet.

Finally, it is imperative that news organizations actively seek out people of color to work in newsrooms. Newsrooms need to reflect the society they cover.

It is generally true that the more politicians berate the media as "liberal," "conservative," "unfair," "sensational," "biased" and worse, the more I find members of the public expressing the same opinions. Former Minnesota Gov. Jesse Ventura, with little evidence, frequently made public statements like this. Ventura famously refused to do interviews with local media, while conducting hundreds of interviews with the national and international press. As a result, his legislative programs received less attention than he needed to pass them. I believe that is partly why he accomplished little during his turbulent term as Minnesota's chief executive.

Pat Kessler '79, political reporter for WCCO-TV, CBS-owned station in Minneapolis:

On the one hand, the media are stronger, more widespread, more culturally diverse, more immediate and more attuned to news consumers than ever before. Americans are reading more, watching more and are more aware of their world than ever before. On the other hand, competitive pressures sometimes force "news." 24/7 TV news requires live presence, and for the first time, viewers are watching news as it develops. Sometimes it's just plain wrong. In the past, we were able to take the time to check multiple sources before airing stories.

There's no doubt that there's a mistrust of the media, but I'd argue it has always been that way in America and it's healthy for news consumers to be skeptical. Thomas Jefferson engaged in a running battle with journalists of the day, despite his First Amendment beliefs, and it does not appear to be much different in the George Bush-Bill Clinton presidencies.

In recent years, there's been a rise in advocacy media from Rush Limbaugh to Al Franken to cable

Rob Stafford '81, correspondent for NBC News "Dateline":

The media are too diverse and too big to assess with one statement. You have cable, Internet, Al-Jazeera, etc. Media don't work together. I have never seen a reporter I've worked with fabricate a story. As a reporter you have to remind yourself that it's better to be dull and right than wrong and riveting.

In local news, in particular, where you don't always have the wide range of great stories to choose from that we do at "Dateline," some reporters have to fight the urge to make the story sound more exciting than it really is. You have to check your adjectives to see if you are overstating. Was the loud bang really more of a dull thud? A little exaggeration here and there can grow into a bad habit and into bigger, more serious problems later on in a reporter's career.

George Moses, my journalism professor at Macalester, was a stickler for absolute accuracy. He held a mock news conference in one class and if memory serves me correctly he played the role of Sheriff Jon Smyth conducting an investigation. I took his quotes but never asked for the spelling of the name and, of course, wrote it the way it sounded—John Smith. Lesson learned. For 22 years I've always asked for the spelling of both the first and last name because of that experience.

"Dateline" came back from some real problems years ago with a system of checks and balances that work. Every story that I've ever done for the last eight years goes through two screenings: editorial and legal/standards. You sit in a room with an executive producer and five senior producers, your producer

and you. You focus on storytelling. You make changes. You sit down with the standards person who looks at the piece for fairness. You have to challenge the premise of the story—something George Moses taught at Macalester—as well as trying to prove it. At the same time, you have to have other points of view. "Fair and balanced"—what does it mean? It doesn't mean side "a" gets

30 seconds and side "b" gets 30.

It means a reporter has to challenge each side equally.

Credibility is all we have as journalists. Lose

that and we're cooked. I think our low poll numbers are due in part to the fact the country is very polarized politically and some viewers feel any story that doesn't reinforce their viewpoint is biased.

It's essential that newsrooms guard against group-think; that the organization assembles a team of strong editors with diverse backgrounds (politically, ethnically, racially) to comb through stories looking for inadvertent bias or to raise opposing views the reporter didn't consider because of his personal background and beliefs.

I do think viewers are very savvy and sophisticated. I'm always thinking, "What do they want to ask this person?" No matter how difficult it is, you have to ask the challenging question. If you don't ask it, viewers will walk away from the story not getting what they wanted.

'Credibility is all we have as journalists. Lose that and we're cooked.'

'You have to remind yourself that it's better to be dull and right than wrong and riveting.'

Rob Stafford '81:
"George Moses, my journalism professor at Macalester, was a stickler for absolute accuracy."





Ann Scales '83: "We have, in many ways, failed our readers."

in our ivory tower; we think we're important because of the weight of our responsibility as journalists. And what we do is important. We can do journalism that moves financial markets, impeaches presidents, convicts mayors, makes a star or breaks one. That is weighty stuff.

We need to—every now and again—get off our high horse and explain what it is we do and how we do it to the people in our communities. That would be a good place to start.

A black summer intern at my newspaper told me a story the other day about how editors are always asking him to go out and knock on doors in minority communities, in and around Boston, when something bad happens. Instead of sending a white reporter, he's asked to go. I roared when he told me he doesn't seem to have any better luck than a white reporter in getting those sources to open up. The moral of that story is no matter what color or gender or sexual orientation you are, if John Q. Public doesn't trust the media, John Q. Public is not going to cooperate. And distrust does not discriminate. ●

'We need to—every now and again—get off our high horse and explain what it is we do.'

Ann Scales '83, White House correspondent for the *Boston Globe*:

Our standing is not all that great among the public. That's not completely the fault of Jayson Blair, Howell Raines (former executive editor of *The New York Times*) or any of the host of characters we've seen at the center of some of the worst scandals in journalism. It's not just that we took the Bush administration's word on WMDs in Iraq, and it's not just that, as one newspaper acknowledged, some in the media failed to cover the civil rights movement 40 years ago.

Frankly, it's a combination of all of those things. We have, in many ways, failed our readers. Too many of them don't trust us. They aren't reading us. They're not looking to us for the source of their news. That's a big problem that the profession must put its heart into solving.

Part of the lack of trust is because we haven't always done our jobs well. The other part is that we don't do a good job of explaining what we do. We sit



"When you quote a Presidential candidate, Gorman, you do not—I repeat—do not roll your eyes."

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Body of Knowledge

Americans have a hunger to be slender as they grow fatter and fatter. Professor Jaine Strauss and her psychology students are investigating body image, eating disorders and related issues—during an epidemic of obesity.

by Jon Halvorsen

Jaine Strauss was a young graduate student in psychology when a client she had been working with told her about a new illness.

"She had been suffering for years from what we now call bulimia nervosa—an eating disorder characterized by binge eating followed by self-induced vomiting—and had been unable to tell me what was going on with her," Strauss recalls. "She came into a session brandishing a copy of the *New York Times Sunday Magazine* with an article about it. She said, 'Oh my God, I'm not alone.'"

"That was how I became interested in eating disorders," Strauss adds. "It was 1982. Fortunately, there were people at the University of Rochester [N.Y.] where I was doing my graduate work who had some expertise in the area. It was a time of tremendous change in our understanding of eating concerns."

Professor Strauss, a clinical psychologist whose research focuses on gender, joined the Macalester faculty 11 years ago. The recipient of the college's Excellence in Teaching Award in 2001, the warm and witty Strauss is well known for always being accessible to her students and strongly encouraging their research

interests. About 25 of them have done research, often in collaboration with her, into eating disorders, body image and related subjects, and a half-dozen have gone on to work in the growing field.

Body doubles

Dissatisfaction with their bodies is so common among women of all ages that it's become "normative," as psychologists would say. Some studies report that as many as 90 percent of college-age women are dissatisfied with their bodies. Research by and among Macalester students suggests that the problem may be especially acute at Mac, although it's more of a low-level malaise for the vast majority of women students than something that disrupts their lives. "When women [at Mac] talk about their bodies, there seems to be this double vision," Strauss says. "On the one hand, they have a deep appreciation for political, societal and cultural variables that conspire to make women—and now men—want to have a certain kind of unrealistic body. Yet they are unable to give up that ideal. They will say, 'I know all bodies are beautiful, that we're not all meant to look like Gwyneth Paltrow, and yet when I look at my body I still feel like I need to look a certain way.'"

At what age do children—especially girls—first become aware of body "ideals" and begin to "internalize" ideal body images? Fifth-graders, as a group, appear to be blissfully unaware of "ideal" body types, but sixth-graders—in striking contrast—have already internalized the ideal of being "thin," according to data collected by high school students in New York as part of a collaboration Strauss has worked out with a high school teacher in Cedarhurst, N.Y. In psychological terms, these sixth-graders have "objectified body consciousness"—looking at their bodies as outsiders—and often feel a sense of shame about their bodies. "What our data is suggesting is that it has to do with educational environment," Strauss says. "When they move to middle school, there is something about that environment that really accelerates their understanding of cultural pressures."

Macalester students have collected data about objectified body consciousness and body image from about 800 research par-

ticipants, ranging in age from 10 to over 60. Such research into how people see their bodies is taking place against an ominous backdrop: soaring obesity rates in the U.S. About 65 percent of U.S. adults are overweight and 31 percent are obese, according to the American Obesity Association.

"There is this very puzzling divide where ideal body images continue to be very slender while the average size of the American population continues to get larger and larger," Strauss notes. "It is an epidemic problem and it absolutely has health consequences."

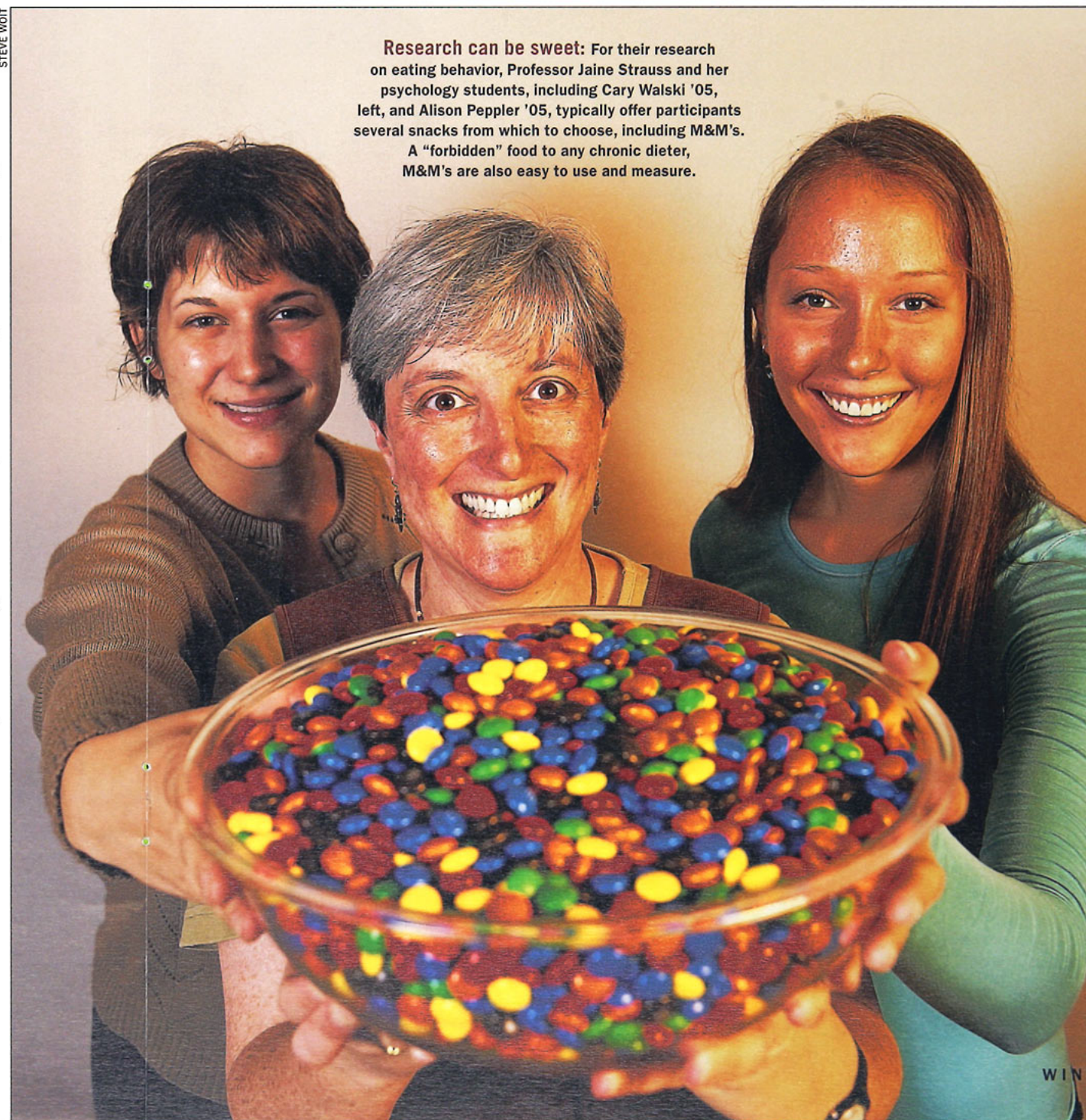
"I have to confess in my own work that although I'm very interested in the classic eating disorders, I'm also

very interested in issues of obesity. In our sample that we're studying, a lot of the kids *are* overweight. Trying to think about how we intervene was the focus of my sabbatical the past year. I find myself very torn. I spend half my time thinking about giving people the message that they shouldn't be worried about their bodies and the other half saying we *should* be worried."

Chocolate conclusions

Courtney Warren '00 was 14 when a fashion show agent told the 5-foot-8, 118-pound youth she had a body problem: "You need to stop exercising—your

Research can be sweet: For their research on eating behavior, Professor Jaine Strauss and her psychology students, including Cary Walski '05, left, and Alison Peppler '05, typically offer participants several snacks from which to choose, including M&M's. A "forbidden" food to any chronic dieter, M&M's are also easy to use and measure.



*'I spend half my time thinking about giving people the message that they shouldn't be worried about their bodies and the other half saying we *should* be worried.'*

Jon Halvorsen is the managing editor of Macalester Today.

muscles are too defined," he advised her. She had been modeling for two or three years and was also an athlete and competitive swimmer.

"My mother was with me at the time and she just about hit the roof over that comment," Warren recalls. "We walked out and never went back. I didn't want to stop playing sports—I knew that—but I don't think I knew how profoundly disturbing his comment was until I got a little older. What message are we giving people when we say, 'Stop taking care of your body, stop taking care of yourself,' so they can attempt to aspire to the unrealistically thin standards of appearance in this country?"

'Obesity kills, pure and simple'

*An endocrinologist,
Dr. J. Michael Gonzalez-Campoy '83
has an unconventional approach
to fighting fatness*

'I do the same things that I ask my patients to do. I find myself thinking twice about having a bite of candy.'

You're obese? Forget about trying to diet or exercise.

That's the *huh?* advice that Dr. J. Michael Gonzalez-Campoy '83 gives his patients.

"The words 'diet' and 'exercise'—which is what I was taught to give my patients as a first line of therapy for obesity, diabetes, hypertension, cholesterol problems—are two giant obstacles for people to be healthier," says the endocrinologist. "If I ask you to diet, what I'm asking you to do is to spend your life looking for foods you can't have. And that's a rotten, miserable experience for anybody. There's a lot of negative emotion that goes along with that, a lot of guilt.

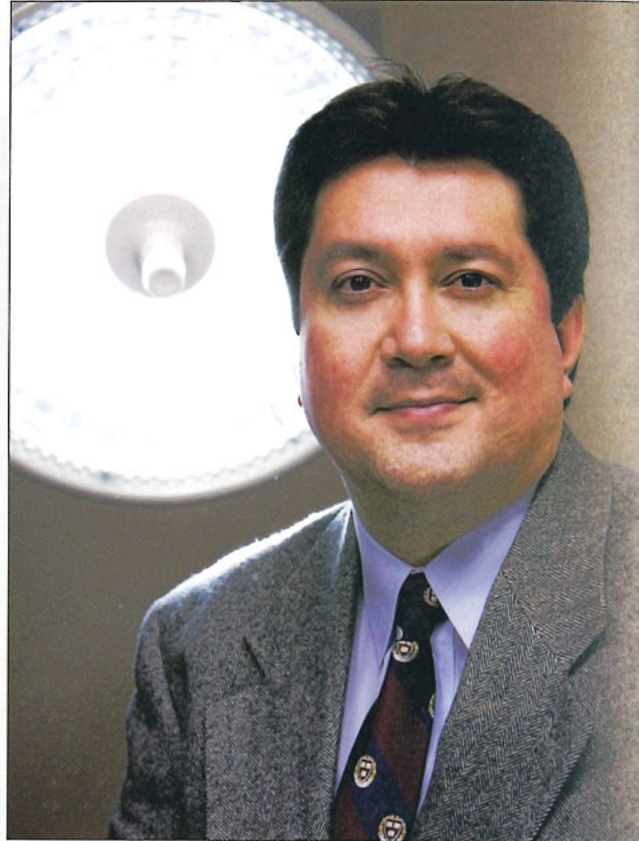
"If I ask you to exercise, the mental image you get is of you in a headband and sweatsuit for 30 minutes. Where are you going to find 30 minutes to go expend calories? For a lot of people it doesn't happen."

Instead of recommending a diet, Gonzalez-Campoy tells his patients that "every meal is an opportunity for you to eat better" and, with a dietitian, he teaches them what good nutrition is. Rather than prescribe exercise, he advises them "to view every day as an opportunity to be more active." For example, he gives them pedometers to count how many steps they walk each day—10,000 or more is the goal. "You're building activity throughout the day, every day. It's a better concept that most people can adapt to their lifestyles."

The new president of the Minnesota Medical Association, Gonzalez-Campoy has spent most of his professional

The daughter of two academics—her mother is Macalester philosophy Professor Karen Warren—Courtney traveled widely as a child and became fascinated by how different cultures regard food, eating and the human body. A double major at Mac in psychology and Spanish, she did her senior honors thesis under Strauss, following up Strauss' previous research exploring the paradoxical effects of diet commercials on the eating behavior of chronic dieters. Typically, Strauss and her students offer research participants

GREG HELGESON



"The words 'diet' and 'exercise' are two giant obstacles for people to be healthier," says Dr. J. Michael Gonzalez-Campoy '83.

life "taking care of all the things that happen to people because they're fat." Last February he opened the Minnesota Center for Obesity, Metabolism & Endocrinology (MNCOME) in Eagan. He is CEO and medical director; his wife, Rebecca Gonzalez-Campoy '83, is the chief operating officer. It is one of the few freestanding, endocrinologist-led clinics in Minnesota aiming to treat obesity as a disease.

"Obesity kills, pure and simple," he says. "It's behind heart disease, Type 2 diabetes and some forms of cancer....I firmly believe obesity is a disease, not a character flaw."

Gonzalez-Campoy, a native of Mexico, notes that the center has staff who are fluent in Spanish and one

several bowls of snacks from which to choose, including M&M's. A "forbidden" food to any chronic dieter, M&M's are also easy to use and measure because each weighs one gram.

Warren and Strauss found that chronic dieters—far from being inspired to control their eating by commercials for dieting and exercising—ate twice as many M&M's as women who saw "neutral" commercials; in fact, chronic dieters tended to become binge-eaters of snack foods as they watched "thin" commercials, as if they were saying to themselves: "I'll never look like that. I've blown this diet already—I might as well eat the entire bowl."

endocrinologist who is Native American. "Being able to relate to people and asking people to do things that are culturally appropriate is important."

Gonzalez-Campoy gives more than a hundred talks each year to health care providers who treat endocrine diseases. He always reveals his height and weight: 5-feet-9, 204 pounds. His body mass index—the ratio of a person's weight to his height—puts him at the cusp of obesity.

"I do the same things that I ask my patients to do," says the father of three. "I find myself thinking twice about having a bite of candy. If I'm working late and start to feel tired, I run laps around the clinic two or three times. I find myself trying to increase my physical activity every day."

"The truth of the matter is, I have a tremendous amount of empathy for my patients."

—Jon Halvorsen

Genetics and environment

"Obesity is cultural and environmental but it is also genetic," says Mike Gonzalez-Campoy. "There is not a thing we can do about people's genes. All we have to work with is modifying the environment so those genes cannot express themselves as well."

He notes that:

- Hispanic teenagers have the highest rates of growth of obesity in the U.S.
- The largest proportion of obese individuals (a body mass index of 40 or more) in any group is among black women.
- Pima Indians in Arizona have the highest rates of diabetes of any group in the U.S. Across the border in Mexico their relatives from the same genetic pool have normal rates of diabetes.

Warren's Macalester research is being published in the *International Journal of Eating Disorders*. Now working on a Ph.D. in clinical psychology at Texas A&M, she won the American Psychological Association's national award for the best paper by a psychology graduate student for her master's thesis, which looks at cross-cultural components of body image in Mexican-American, Spanish and Euro-American women. That, too, will be published in the *International Journal of Eating Disorders*, and an abstract of it will appear in *The American Psychologist*, the journal of the APA.

"There's definitely a social-cultural component to eating disorders," Warren says. "We can say that Western, American culture is adding to body image problems, probably in both men and women. We assume that rates of eating disorders are lower in the Third World and among [poorer] minority groups, but we haven't studied it very well. I'm interested in how racial and ethnic minority groups in this country are influenced by an overarching environment that we assume to be potentially detrimental to one's body image. And do Western values of appearance and thinness influence ethnic minorities differently than Caucasian-American women?"

'Fatness' comes to India

For her senior honors thesis, done in collaboration with Professor Strauss and Professor Mahnaz Kousha in sociology, Suman Ambwani '03 persuaded 107 male and 113 female students to answer a questionnaire designed to test the relationship between their body images and their experiences of romantic love. "I enjoyed working on it because it was a project that people could relate to," Ambwani recalls. She found significant correlations between most measures of body esteem and several measures of romantic experiences.

Her adviser at Texas A&M University, where Ambwani is also pursuing a doctorate in psychology, encouraged her to present her Mac thesis at the 2003 meeting of the Association for Advancement of Behavior Therapy. She is currently working with Strauss to re-analyze the data—specifically, to test whether sex moderates the relationship between body esteem and romantic love experiences—and to have the data tested by independent researchers.

Her other research is taking her farther afield—to Bombay, India, her hometown. Recent studies suggest a growing trend toward body dissatisfaction and fear of fatness among Indian women. Ambwani interviewed 240 college-age women in Bombay as part of her master's thesis. She is focusing on ways to measure

'Most males report at least some degree of dissatisfaction with their bodies with respect to muscularity.'

Sugar, chocolate, cheese and meat:

'People do not recognize the price they pay for these love affairs,' says nutrition expert Dr. Neal Barnard '75

People eat foods that cause weight and health problems for a wide variety of reasons, but research shows that the "the number-one factor is the foods they've become hooked on," says Dr. Neal Barnard '75.

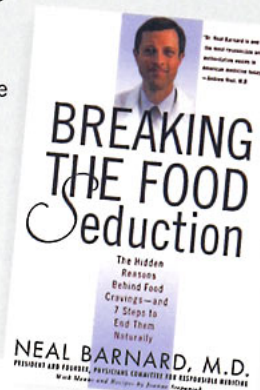
Barnard is founder and president of the Physicians Committee for Responsible Medicine (PCRM), a nonprofit organization with offices in Washington, D.C. His seventh book on nutrition, *Breaking the Food Seduction: The Hidden Reasons Behind Food Cravings—and 7 Steps to End Them Naturally*, was released in 2003 (see the Fall 2004 *Macalester Today*).

"People are easily seduced by foods that leave them out of shape and often in poor health," he writes in the book. "No one ever told me they just couldn't get away from radishes or green beans....The seductions are sugar, chocolate, cheese and meat, mainly. Often, people do not recognize the price they pay for these love affairs, but I

see them every day on weight charts and in cholesterol test results."

Barnard and his colleagues at PCRM conduct studies on how diet affects various health conditions and on what makes eating habits easy or difficult to break. In his book, he offers to put the reader who experiences strong food cravings "back in control" based on two essential facts.

"First, certain food habits are physical," he writes. "It is not gluttony, weak will, or an oral personality that leads you to the refrigerator, at least not for the most part....It is a special property of the foods themselves that causes them to be so addicting. Chocolate, for example, has opiate effects, stimulating the



eating-related attitudes and behaviors across cultures, in India and the U.S.

"When I go home I see quite a large crowd of college-age women who seem real Westernized, who are eating American junk food, who have some of the same concerns that you see here in the United States. People aren't doing enough research on this topic in India, and if it is a problem, we need to address it now because we don't want it to get as bad as it is over here. Prevention's easier than cure....

"You also don't know if there really is a problem in India or if it's that researchers are using Western assessment instruments in India without testing to see if they're valid. So part of my study is also to see if the instruments are valid," Ambwani says.

Men and their muscles

Is body dissatisfaction as prevalent among men as among women? "I would venture to say yes," says Guy Cafri '01, another former Strauss student, who is pursuing a Ph.D. in clinical psychology at the University of South Florida. "From the research that I've seen, most males report at least some degree of dissatisfaction with their bodies with respect to muscularity."

As a man who has done research on male body images, Cafri jokes that he occasionally feels like a "unicorn" in a female-dominated field. But "look at the preponderance of men's health magazines that are out now. We didn't have those 15, 20 years ago. Just the sheer volume of men's magazines is illuminating in terms of how things have changed."

Cafri recently broadened his research to examine why people pursue tans. Although his research includes both genders, women are three times more likely to use tanning salons and sunlamps. "With tanning salons, people actually think that there aren't any adverse health effects just because it's not the sun. From the research that we know, there's a huge health effect for people who go to tanning salons and who subsequently have melanoma....We hope to develop a

Both former students of Professor Strauss, Cortney Warren '00 and Suman Ambwani '03 are now graduate students in psychology at Texas A&M, where their adviser is a specialist in eating disorders.



release of chemicals within the brain's pleasure center that keep you hooked." He devotes a chapter each to the effects of chocolate, sugar, cheese and meat.

"Second, the ability to break bad food habits is mainly physical, too. That is, by adjusting your overall diet and exercise patterns so that your blood sugar stays on an even keel and your appetite-controlling hormones are working for you, rather than against you, you can become more resistant to cravings and less likely to snack or binge. You can even reset your tastes in a fundamental way, leaving bad habits behind and starting with a clean slate."

Toward that end, Barnard provides chapters whose titles themselves are steps to better habits: Start with a Healthy Breakfast, Choose Foods That Hold Your Blood Sugar Steady, Boost Appetite-Taming Leptin, Break Craving Cycles, Call in the Reinforcements (supportive family and friends) and Use Extra Motivators (e.g., you'll slim down, stay young sexually, be safer from food-borne illnesses, save money, and be kind to animals and farm workers).

Barnard's "Three-Week Kickstart Plan" provides a practical guide to "clean your slate" of old food preferences and to begin to develop new habits. ●

more comprehensive understanding of this topic with the hope of ultimately designing interventions to reduce sunbathing tendencies, because sun exposure causes skin cancer."

Battling obesity

Professor Strauss and five of her current students are following up a wealth of existing research on developing effective treatments for eating disorders, especially bulimia nervosa. They are looking beyond specific techniques to see the nature of the therapist-client

relationship. "In particular, we're assessing the extent to which therapists help to foster the autonomy and self-directedness of their clients and whether there's a relationship between therapist autonomy-support and therapeutic outcome"—measured by the client's improvement at the end of treatment as well as a year later. "From my perspective," Strauss says, "the project offers students an ideal opportunity to see how therapy is actually conducted while learning to listen with an especially sensitive ear to the therapy dynamics."

Strauss is excited that Macalester is developing an even more focused connection to its urban community. Her long-term ambition is to help psychology students get involved in a continuing public health relationship with St. Paul schoolchildren that helps kids and the community while also educating Macalester students at multiple levels. She serves on the advisory board of Project VIK (Very Important Kids), a program, developed at the University of Minnesota, in which 4th–6th-graders at urban, ethnically diverse, low-income schools learned about nutrition, exercise, problem-solving and weight teasing. To date, eight Macalester students have served as VIK program leaders and have learned first-hand about the successes—and challenges—of community-based research and intervention.

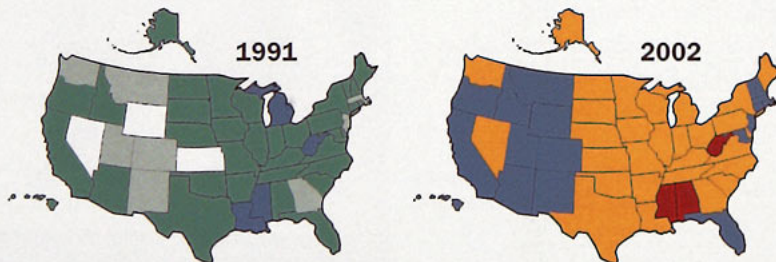
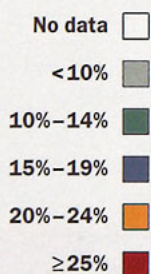
"I look at the obesity trends on those maps of the United States [see graph below] and they are gripping. I hate to use military metaphors but we are losing this battle. I'm nervous about how we're going to turn things around," Strauss says.

"On the other hand, I think of psychology as a discipline that has some unique insights to offer. We are meant to be the science of behavior and thinking about what helps people to get motivated for behavior change and what helps people to sustain behavior change over a period of time. Psychology is well positioned to do that. I'm very excited about that." ●

'I hate to use military metaphors but we are losing this battle [against obesity].'

Obesity Trends Among U.S. Adults

Body Mass Index of 30 or higher, or about 30 lbs. overweight for 5'4" person



SOURCE: CENTERS FOR DISEASE CONTROL AND PREVENTION

The world, in St. Paul

*How do outsiders see Macalester?
Here's one view, taken from
the U.S. News & World Report
2005 edition of America's Best Colleges.
The article is reprinted here in its entirety.*



by Samantha Stainburn

When Krista Goff arrived at Macalester College in St. Paul, Minn., four years ago, her passport was all but empty. The Seattle native had been out of the United States just once, and that was to visit nearby Canada. But during her junior year, she spent a semester abroad in the former Soviet Union, splitting her time between Siberia and St. Petersburg, where she lived with an Armenian community. Her interviews with them, conducted in Russian, formed the basis for the honors thesis project on transnational identity that the triple major in Russian, history, and Russian, Central, and Eastern European studies wrote her senior year. During her final semester this past spring, Goff co-organized a conference on Central Asia that brought five scholars to Macalester to demystify the little-known region.

You believe her when she says, "I've never felt limited here, ever."

In spite of its small size, Macalester promises its students no less than the world. The school was founded by Minnesota's first state superintendent of education in 1874 to provide a Midwestern alternative to elite East Coast

colleges. Since the mid-1970s, though, the school has emphasized internationalism, multiculturalism and service to society. (One of its most famous graduates is United Nations Secretary General Kofi Annan, class of '61 and a native of Ghana.) Today, students must take at least one course each in international affairs and U.S. cultural diversity to graduate. A whopping 18 percent of the college's students come from abroad, representing 86 countries and speaking at least 80 languages.

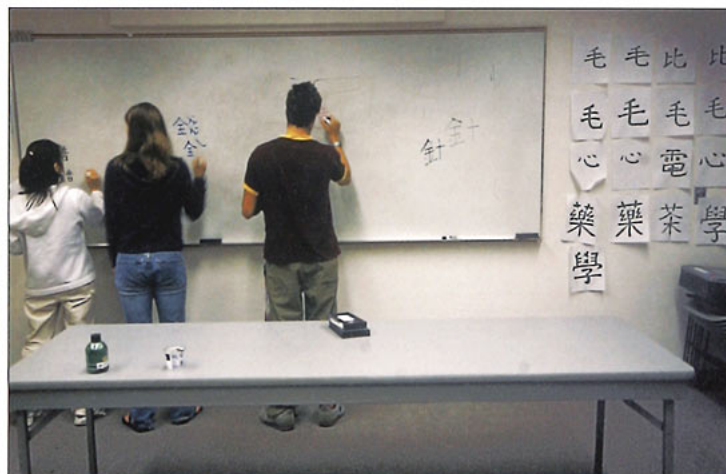
(They're drawn, in part, by Macalester's generous financial aid, which for international students averages almost \$26,000 off the \$34,000 price tag.)

The school also enrolls a high percentage of American students who've studied overseas—at international schools, for example, or through the United World College system, a group of international boarding schools that sends so many graduates to Mac that the cliquishness of the UWC crowd is a perennial topic of discussion. (This may be because Macalester doesn't have any fraternities or sororities to complain about.) More than half of Mac students study abroad for a semester or more, and many others escape Minnesota's frigid January with department-led study trips organized around topics like the geology of volcanoes in Costa Rica and black culture in Paris.

Global. Signs that the college celebrates multiculturalism abound on its compact campus, located in a leafy residential neighborhood 4 miles from downtown St. Paul. The powder-blue flag of the United Nations flies from the same pole as the Stars and Stripes in the center of the school, and the food in the cafeteria is organized geographically, with different stations serving cuisine of the "East" (noodles and wraps), "West" (American sandwiches), "North" (roast

*'I've never
felt limited
here, ever.'*

Students practice their skills writing Chinese characters.



PHOTOGRAPHY BY KEVIN HORAN FOR US&WR



Left: It's lunchtime at Café Mac in the Ruth Stricker Dayton Campus Center, where students can choose meals from all four corners of the earth. **Below:** A late-afternoon workout on the lawn outside the college's residence halls.



beef and vegetables) and "South" (curries and Latin American dishes).

But here, embracing internationalism goes beyond ethnic eats. Professors strive to get students to make connections between what's happening abroad and life in the United States while Mac's busy community-service center helps more than half of the college's students volunteer with organizations dealing with local versions of international issues like poverty, immigration and underemployment. These lessons in globalism seem to stick. "When I first got to Macalester, I [thought], 'If this isn't a load of Kumbaya bulls---, I don't know what is. When [these students] come back for their fifth reunion, they'll be investment bankers,'" says Duchess Harris, an associate professor and chair of the American studies department. "[But] these people come back, and they've changed the world."

Discussions about changing the world begin as early as freshman year. Simone King, an African-American student from Staten Island, N.Y., and last year's student government president, recalls hanging out with other freshmen during her first weekend on campus. The international students in the group quickly plunged into sophisticated political conversation, discussing brain drain in developing countries, the treatment of women worldwide and how to create unity among African nations. "I wasn't prepared," says King. "I didn't know the issues. So I did a lot of listening. But then I realized, I've got to catch up, because I've got to play a part in this." That semester, King, a 2004 graduate now earning a master's degree in inter-

national studies and diplomacy at the London School of Economics, spent extra time reading up on current events "just so I could have conversations with other people."

Macalester students' heightened sensitivity to political issues—and the ease with which they discuss them—is evident in just about any class on campus. One spring morning, for example, history Professor David Itzkowitz asks students in *The Victorians*, a seminar he teaches with English Professor Robert Warde, to consider whether Arthur Conan Doyle's Sherlock Holmes story "A Study in Scarlet" exhibits Victorian-era values. "It shows their fascination with violent crime," says a woman sitting next to Itzkowitz at the large table around which the entire class—eight students and two profs—is gathered. "But there's a lot of nationalism going on here. [The crimes involve] Americans, Germans. So it's not English." "Is there a politics to this book?" Itzkowitz probes. "It's anti-Mormon," suggests another student. "They're depicted as sexually depraved. That's very Victorian—to vilify people they don't understand."

Macalester often feels more like a research institute bent on solving the world's problems than a college catering to undergraduates. While the cultural hippie look holds sway here—a blond in a *salwar kameez*, the long tunic and loose pants worn by Indian and Pakistani women, doesn't elicit stares—the men with

'These people come back, and they've changed the world.'

Prince Valiant haircuts and women with dreadlocks are fresh-scrubbed and earnest. And the quiet campus, which features century-old stone structures and modern glass-walled buildings arranged around three quadrangles, is as immaculately maintained as an embassy compound.

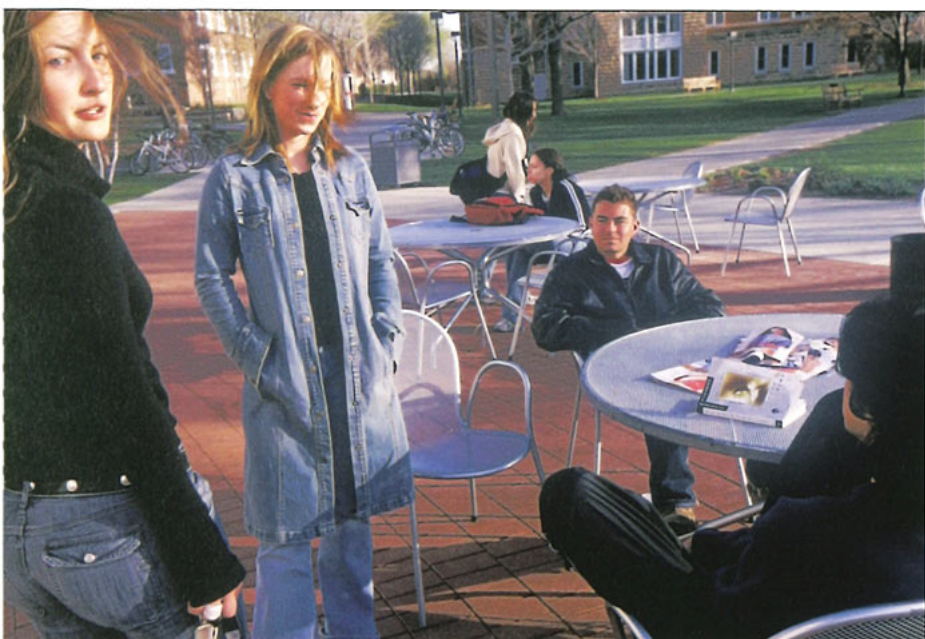
Motivate. This think-tank atmosphere is further promoted by the school's emphasis on individualized learning. Self-motivated students tackle honors theses, independent study projects, and research underwritten by college grants. Brady Foreman '04, a geology major from St. Paul, doesn't believe he could have written his honors thesis, a geochemical analysis of 80 million-year-old volcanic ash beds in Montana, anywhere else. For starters, Foreman's topic grew out of an informal visit that his adviser, geology department Chairman Ray Rogers, paid him at a dinosaur dig site. Rogers was in Montana on unrelated business and remembered that the then sophomore from his department was at the dig, "so he stopped by," Foreman says. "We kind of noticed [the ash beds]...and decided it might be a cool project to work on." Back at Mac, more professors helped Foreman find funding to return to Montana to collect ash samples and later taught him

new methods of analyzing them. Foreman doesn't think this could have happened at a larger school.

Still, Macalester is not as inclusive as it would like to be. "There's a lot of talk of Macalester students being really open-minded," says Kramer Lawson '05, an economics and political science major from Seattle, "but in practice they're open-minded to a lot of politically radical ideas and not really open-minded when it comes to considering a moderate point of view." In spring 2003, for example, the Macalester Republicans, a group of just eight to 10 regular members, organized a cookout of "freedom dogs" on campus to demonstrate support for the war in Iraq. Posters made to advertise the event disappeared from a campus resource room and were mysteriously replaced with antiwar fliers; once the cookout began, war protesters who had erected a "peace camp" tent city in front of the student center abandoned their sleeping bags to picket the tiny barbecue. Yet Lawson would enthusiastically recommend his college to other conservatives. For one thing, he says, most faculty members welcome different points of view. "I've had a couple of professors in the political science department, which has a pretty liberal tilt, say, 'I'm glad you were in the class because it enriched the debate and made things more interesting.'"

Another, more surprising, deficiency for a school that so celebrates cultural diversity is the relative scarcity of American minorities, who make up just 10.5 percent of the student body. The campus is less diverse now than it was in the 1970s. Restoring a racial mix has been a focus of student activism in recent years, and administrators have invested in several initiatives designed to increase Macalester's appeal. These include a brand-new academic department called American Studies: Comparative Racial Formations that studies racial identity in the United States, and the Lealtad-Suzuki Center, which opened in 2002 and runs programs that provide structured opportunities for students and faculty to talk about race. This commitment to multiculturalism may already be paying off. The admissions office expects the class entering this fall to be among the most diverse in 30 years, with more than 20 percent of the students American minorities, including 7 percent African-Americans.

But between save-the-world projects, dorm-room debates and conferences on international affairs, do Macalester students ever switch off? On one of the first warm days of the year, some lanky guys play Frisbee on the central quad. But it soon becomes clear that at Macalester the lines between work and fun blur. The guys are seriously discussing their recent applications for research funding. "I don't know if they liked all of my proposal," says one as he casually executes an under-leg toss, "but I'm pretty confident that they'll go for part of it." ●



A diverse group hangs out on the terrace outside the Campus Center.

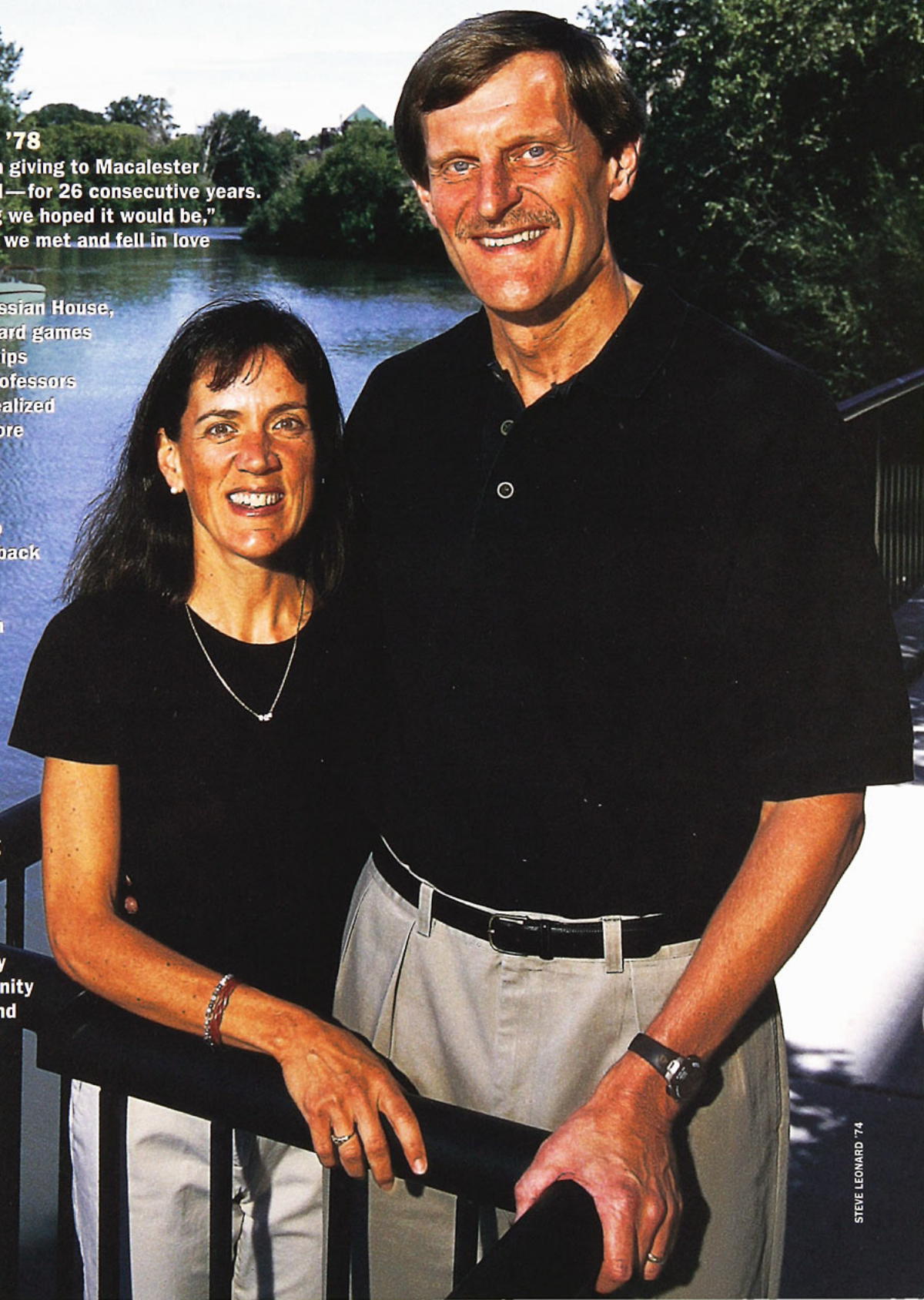
KEVIN HORAN FOR USN&WR

Bob Williams '77 and Becky LeRoy Williams '78

of Naperville, Ill., have been giving to Macalester ever since Becky graduated—for 26 consecutive years. "The school was everything we hoped it would be," they wrote, "and best of all we met and fell in love with each other at Mac."

They mention life at the Russian House, favorite classes, all-night card games in Dayton Hall, and friendships with fellow students and professors that continue today. "We realized that the gifts of alumni before us enabled us to succeed at Mac and we hoped that our gifts might help the classes after ours to do likewise. As we have gone back to visit, we have continued to be struck by the beauty of the campus and the open and friendly environment that characterizes Mac. Although the campus has changed physically, the culture of the school will not. The expertise of the professors and their interest in the students will remain strong and Mac will continue to offer a unique educational experience."

"For these reasons and many more, we enjoy the opportunity to give to Mac each year and invest in its future."





Grand Avenue's new look

A NEW MEDIAN provides a stopping point for students crossing the Macalester block of Grand Avenue. "The main goal is to provide a safer roadway for pedestrians and motorists," said Tom Welna '86, director of the college's High Winds Fund. "In addition, it will be a nice amenity to the campus and the community." In building the median last August, construction workers unearthed streetcar tracks (*inset*) from the line that ran by the campus for the first half of the 20th century.



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